
ANNOTATED DIRECTORY OF MENTAL HEALTH TRAINING MANUALS

FOURTH EDITION



DIVISION OF MENTAL HEALTH
WORLD HEALTH ORGANIZATION

GENEVA 1992

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ANNOTATED DIRECTORY

OF MENTAL HEALTH

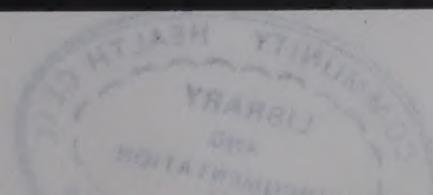
TRAINING MANUALS

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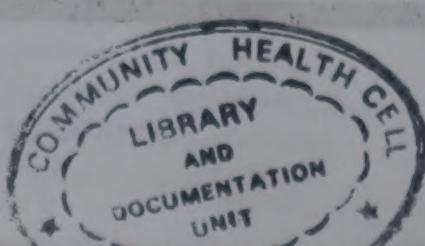
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Les opinions exprimées dans les documents par des auteurs nommément n'engagent que lesdits auteurs.



This Directory, now in its fourth edition, includes annotations on some 84 Mental Health Training Manuals (including audio-visual material) written in 22 different languages. These Manuals have been assembled by WHO's Division of Mental Health and are mostly intended for the training of primary health care workers although, in some cases, they can be useful to specialists as well. Together they cover practically the whole field of mental health, some of them being more focused on specific areas, e.g. epilepsy, child mental health, mental retardation.

Key words: mental health, training, training manuals

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Introduction

Over the years the WHO Division of Mental Health has made a collection of manuals and other texts produced in or for developing countries on a variety of topics related to the mental health programme.

At times, mental health workers or tutors, working in countries, have wished to produce manuals. Rather than have to begin from the beginning each time, it would obviously be sensible if the potential authors had access to similar work done elsewhere.

The documents collected by the Division of Mental Health certainly do not exhaust the list of existing manuals in this field and every information on other manuals, particularly in local languages, are most welcome in view of future editions. The manuals listed here have been available to visitors and it was thought that the time had come to make them available more widely. It was not thought practicable to duplicate all the material and circulate it, but rather it was decided to produce an annotated bibliography of the material. We insisted on having the information on how to obtain each manual (price and address of the publisher) as accurate as possible. Whenever there is an indication that it is a WHO publication, it could be obtained through the WHO representative in the country, from Regional Offices or directly from Headquarters. Those interested in obtaining copies of non-WHO publications should write directly to the publishers.

This third edition of the Annotated Directory of Mental Health Training Manuals represents a substantial revision of the previous one mainly in terms of the amount of materials included; a new section on audio-visual materials has been added.

Whereas much diversity - and even some straightforward contradictions - can be found among some of the works here included, it must be kept in mind that the majority of them were prepared to be used under very specific circumstances and for very specific purposes. Therefore, there is a preference for keeping the diversity and just acknowledging it, instead of trying to create a practically impossible "average" opinion or orientation for every minor aspect covered by these works as a whole.

It has already been repeatedly said that basic formation and continuing education are crucial for the objective of health for all by the year 2000. This publication is another contribution in this direction and the manuals listed here are ready for being adapted or adopted. However, should anyone wish to produce a manual for training in the field of Mental Health, the Division of Mental Health has itself laid out a series of principles (listed below) related to the production of learning materials which are congruent with those recommended in the Educational Handbook for Health Personnel, WHO Offset Publication No. 35 (Revised Edition 1981). The way each annotation is laid out in the bibliography reflects these principles. It would be hoped that any potential author of a manual would try to follow these guidelines as far as possible.

- A. Is a health-related problem clearly defined within the material?
and/or
Are mechanisms suggested for defining such problems in the area under discussion?
- B. Are case examples given illustrating these problems?
and/or
Are suggestions made as to how students should gather their own case examples?
- C. Are possible solutions given to the problem in the case examples?
and/or
Are students encouraged to develop their own solutions?
- D. Is resource material provided or catalogued which will enable students to develop solutions to the defined problems?
- E. Is it clear what the students will be able to do after learning, that they could not do before?
- F. Is any mechanism provided within the material to help the students monitor whether they have acquired the new skill?
- G. Are there suggestions as to how the material can be evaluated; whether a satisfactory proportion of students have in fact learned how to do something?
- H. Does the material encourage students to examine problems out in a community and formulate solutions that require a reaching out into that community?
- I. Does the material encourage a multidisciplinary approach to solving problems?
- J. Does the material need a teacher to get it across or could students learn from it almost as well (or even better) if no teacher were available?

A listing which details the level of worker for which each manual is intended, its language and a few words concerning its content is given at the end of this directory.

It is our hope to continue to periodically review this Directory; therefore, copies of new publications to be included in future versions - as well as new editions of those included in this version - are welcome. They should be sent to:

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Switzerland

ADMINISTRATORS' MANUAL ON THE TREATMENT OF EPILEPSY WITH PHENOBARBITONE

1. Language: English.
2. Author: not stated
3. Date and place of publication: 1990
4. Publisher: Available at WHO - Division of Mental Health, 1211 Geneva 27, Switzerland
5. Sale: unknown
6. Field covered:
 - Introduction
 - General objectives
 - Supervision and monitoring
 - Coordination and logistics
 - Counselling
 - Continuing education
 - Community participation
7. Intended for: Supervisors, administrators and managers in mental and/or general health programmes
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: not stated, but it is a guide for service management, particularly useful as an adjunct to formal instruction
12. Evaluation method: not included
13. The length is: 8 pages, typed A4
14. This manual, prepared at a WHO-sponsored workshop, is one of a three-part learning set on epilepsy, the two others being one directed to primary health care workers and the other to patients and families. Together these three are intended to be a basic reading in training for implementation of epilepsy programmes in primary health care settings.

THE ADMINISTRATION OF THE CHLORPROMAZINE PROGRAMME
IN THE TREATMENT OF MENTAL DISORDERS
A Guideline for the Primary Health Care Supervisor/Co-ordinator

1. Language: English/Oshiwambo/Afrikaans/Setswana/Shona
2. Author: WHO
3. Date and place of publication: 1990, Geneva, Switzerland
4. Publisher: Available at WHO - Division of Mental Health, 1211 Geneva
27, Switzerland
Ministry of Health and Social Services, Republic of Namibia
Private Bag 13196 Windhoek, Namibia
Botswana National Health Institute
P.O Box 126 Lobatse, Botswana
Ministry of Health
P.O Box 8204, Causeway, Zimbabwe
5. Sale: not stated
6. Field covered: Introduction
Chapter I : Planning
Chapter II : Implementing
Chapter III : Monitoring and Evaluating
7. Intended for: Primary Health Care Supervisor/Co-ordinator
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: stated
11. Methods of use: self learning manual
12. Evaluation method: not included
13. The length is: 8 pages, typed A4
14. A guide to help Primary Health Care Supervisor/Co-ordinator, in the implementation of mental health programmes using chlorpromazine as an adjunct in the management of psychotic conditions. It stresses health workers' training, community participation and the monitoring and evaluation of the programme as a key for success. This booklet was produced during a WHO workshop as a template that could be used by different countries to produce local adaptation.

CARE OF A PERSON WITH EPILEPSY

1. Language: English
2. Author: not stated
3. Date and place of publication: 1990
4. Publisher: not yet published. Available at WHO - Division of Mental Health, 1211 Geneva 27, Switzerland
5. Sale: not for sale
6. Field covered: Introduction
Definitions
Causes of epilepsy
Clinical features
The management of epilepsy
Psychosocial advice
7. Intended for: Primary health care workers
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: not included, but it is a self-learning manual and also useful as an adjunct to formal instruction
12. Evaluation method: not included
13. The length is: 10 pages, type A4
14. This manual, prepared at a WHO-sponsored workshop is one of a three-part learning set on epilepsy, the two others being one directed to administrators/supervisors of primary health care services and the other to patients and families. Together these three are intended to be a basic reading in training for implementation of epilepsy programmes in primary health care settings.

CHILD MENTAL HEALTH AND PSYCHOSOCIAL DEVELOPMENT

Supplement to "Family Health". A manual for health workers in Sri Lanka

1. Language: English
2. Author: not stated
3. Date and place of publication: not stated
4. Publisher: Uncertain but presumed to be Ministry of Health, Sri Lanka
5. Apparently not for sale

6. Field covered: Mental Health and Development

Child mental health problems:

- (a) during the pregnancy
- (b) from birth to 5 years
- (c) from 6 to 12 years
- (d) from 12 to 16 years

Promotion of mental health and development

7. Intended for: Primary health workers
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: Self-learning manual
12. No evaluation methods included
13. The length is: 19 A4 printed pages
14. A useful model of a short training manual with instructions to health workers about what to do. This is a close adaptation of the WHO/SEARO manual on Child Mental Health and Psychosocial Development (Part II for the Primary Health Worker). This latter is described elsewhere in the bibliography.

CHILDREN VICTIMS OF WAR: A MANUAL OF PSYCHO-SOCIAL CARE FOR PROMOTERS

1. Language: Spanish
2. Author: Jean-Claude Metraux
3. Date and place of publication: March, 1989. Managua, Nicaragua
4. Publisher: Centro de Publicaciones INIES
5. Sale: Price not specified
6. Field covered:
 - Preamble
 - Affective development of children
 - Relationships with parents
 - Mourning
 - Displaced and escaped
 - Victims of attacks and ambushes
 - The family of the warrior
 - Annexes
7. Intended for: Health promoters, primary health workers, teachers, "multipliers"
8. Description of common mental health problems as case studies: Yes; several cases are presented along with a description of the management of each case
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives:
 - (a) to identify children at risk of psychosocial ill development
 - (b) to take action to prevent the incidence of disorders in those children
 - (c) to identify children with disorders in need of further help
 - (d) to help children and their families with psychosocial problems
11. Methods of use: Self-learning manual
12. Evaluation method: not included
13. The length is: 199 printed pages
14. First volume of a series of two; the second (to appear) will be on "Children and family problems". This is a book with an eclectic approach to child development and primary health care, with particular emphasis on children victims of war situations. The language is easily accessible and the several case examples are clear and objective.

COMMUNITY HEALTH WORKERS FACING MENTAL DISORDERS

1. Language: Spanish
2. Author: Dr Benedetto Saraceno, Dr Giovanna Cecchetto, Dr Carlos Alberto Escalante
3. Date and place of publication: 1992, San Salvador, El Salvador
4. Publisher: Instituto "Mario Negri"/MLAL/Universidad de El Salvador, Via Eritrea 62, 20157 Milan, Italy
5. Sale: Not stated
6. Field covered:
 1. Introduction
 2. Community mental health
 3. Context
 4. Reasons for visits and case finding
 5. Woman as a "case" in mental health
 6. Individual actions
 7. Community actions
 8. Use of psychotropic drugs
 9. Annexes
7. Intended for: Community Health Workers
8. Description of common mental health problems as case studies: Yes
9. Learner requested to make sequential decisions to tackle problems: Yes
10. Learning objectives: not stated
11. Methods of use: self-learning manual
12. Evaluation method: not included
13. The length is: 99 printed pages
14. This is a learning material aiming at providing knowledge in assisting and helping patients and families with mental and behavioural disorders. The main focus is on how to resolve these problems in the Community, using its own resources and avoiding hospitalization.

COMMUNITY MENTAL HEALTH CARE

1. Language: English
2. Author: V.B. Wankiiri
3. Date and place of publication: not stated
4. Publisher: Duplicated copy of author's typescript available, WHO,
Division of Mental Health, Geneva
5. Sale: not for sale
6. Field covered: Introduction - Common causes of mental health problems
Promotion of mental health and prevention of mental
illness in the community
History taking and examination of mental states
Society and mental illness
Depression
Anxiety reactions and related disorders
Hysterical reactions
Psychosomatic disorders
Acute confusional reactions
Manic-depressive psychoses
Schizophrenia
Chronic organic psychoses
Alcohol dependence and related disorders
Drug dependence and drug abuse
Epilepsy
Mental subnormality
Brief notes on drugs which may be used in mental
illness
7. Intended for: Health workers
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: to enable health workers to promote community
mental health, prevent mental illness as well as identify, manage and
follow-up patients with mental health problems within the context of the
family and the community
11. Methods of use: Self-learning manual
12. No evaluation methods included
13. The length is: 107 typed pages
14. A very useful, detailed manual for the objectives mentioned above.

COUNSELLING HANDBOOK AND TRAINING MANUAL FOR HEALTH WORKERS

1. Language: English
2. Authors: The Government of Papua New Guinea
3. Date and place of publication: October 1990, Papua New Guinea
4. Publisher: The Government of Papua New Guinea
5. Sale: Price not specified
6. Field covered:
 - 1. What is counselling?
 - 2. Fundamental values for counselling
 - 3. The communication skills
 - 4. General introduction to AIDS/STDs
 - 5. Transmission of STDs
 - 6. Transmission, Symptoms and development of AIDS
 - 7. Transmission/non-transmission of HIV
 - 8. HIV pre-post-test counselling considerations.
 - 9. Putting it all together.
 - 10. Appendices.
7. Intended for: health workers' trainers
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: clearly stated
11. Methods of use: in a course and as a reference book
12. Evaluation method: evaluation methods given
13. The length is: 137 printed pages
14. It is a manual for trainers intended to help health workers in acquiring the basic counselling skills which should be used when confronted by patients with biological, psychological and social problems. It can also be used as a reference book for well-trained health workers to run their own counselling courses.

DRUG DEPENDENCE AND ALCOHOL-RELATED PROBLEMS

1. Language: English
2. Author: Members of a WHO Advisory Group
3. Date and place of publication: 1986, Switzerland, Geneva
4. Publisher: WHO, 1211 Geneva 27, Switzerland
5. Price: SFR 9.-
6. Field covered: Manual for community health workers on drug dependence and alcohol related problems Guidelines for trainers of community health workers
7. Intended for: Community health workers, with guidelines for trainers
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: To help community health workers deal with drug/alcohol problems by helping them:
 - (a) to acquire knowledge and skill in working with communities, families and individuals
 - (b) in early recognition of drug and alcohol misuse
 - (c) to assist in the recovery of people with drug and alcohol problems
 - (d) to reduce or prevent misuse at individual and community level

In addition, possible objectives for a curriculum of a training course are set out relating to:

- (a) Assessment of the problem
 - (b) Management of patients
 - (c) Management at community level
11. Methods of use: either as part of a training course or as a reference source for the health workers themselves
 12. No evaluation methods included
 13. The length is: 34 printed pages
 14. A useful manual to help the community help workers to recognize cases of drug or alcohol misuse early in their course, to assist in the recovery of people with drug or alcohol related problems and to play an influential role in reducing or preventing problems of drug or alcohol misuse at the individual and at the community level. To help trainers develop the curriculum for a course on drug dependence and alcohol related problems.

EDUCATIONAL GUIDE ON EPILEPSY

1. Language: Spanish
2. Author: Berggrun, G.H.
3. Date and place of publication: 1980, Bogota, Colombia
4. Publisher: Ministry of Health, Colombia
5. Sale: not stated
6. Field covered:
 - Introduction
 - Brief history
 - Grand mal crisis
 - Petit mal crisis
 - Additional information useful for educational campaigns
 - International cooperation in the field of epilepsy
 - International offices
 - National offices
 - International League Against Epilepsy (ILAE)
 - Directory of facilities for treatment and rehabilitation of epilepsy
 - References
7. Intended for: Must be intended for the general public
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: Health education for the general public, particularly persons with epilepsy and their families
12. No evaluation methods included
13. The length is: 31 printed pages
14. Useful information, mostly to persons with epilepsy and their families but also to community health workers. It contains a "question and answer" section covering the commonest doubts people usually have on epilepsy. A useful - if partial - listing of agencies dealing with epilepsy throughout the world is included.

EMOTIONAL ILLNESSES: A GUIDE FOR MENTAL HEALTH WORKERS

1. Language: English
2. Author: Deva, M.P.
3. Date and place of publication: 1988. Kuala Lumpur, Malaysia
4. Publisher: Dept. of Psychological Medicine
Faculty of Medicine
University of Malaya
59100 Kuala Lumpur, Malaysia
5. Sale: not stated
6. Field covered:
Mental illnesses: what are they and what causes them?
Types of mental illnesses
Anxiety illnesses
Depressive illnesses
Psychotic illnesses
Sexual problems
Drug and alcohol dependence
Problem personalities
Psychiatric emergencies
List of help agencies
7. Intended for: Mental health workers and those in the helping professions
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: not included
12. Evaluation method: self-learning manual
13. The length is: 41 printed pages
14. A useful introduction to the understanding of mental and behavioural disorders as emotional illnesses, presented in the form of a mini textbook. Good humoured illustrations are a counterpoint to the rather technical language, which makes it more adequate for workers with university degrees.

EPILEPSY AND YOU

1. Language: English and Swahili
2. Author: Drs. J.G. Hauli, H. Rwiza and W.B. Makuja and Ms. I. Mwagombela
3. Date and place of publication: 1990, Arusha, Tanzania
4. Publisher: Ministry of Health, United Republic of Tanzania
5. Sale: not stated
6. Field covered:
 - Objectives
 - Epilepsy and its causes
 - Epileptic fits
 - Treatment
7. Intended for: Patients and families
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: not included, but must be an informative manual for patient and families
12. Evaluation method: not included
13. The length is: 4 pages, typed A4
14. This manual, prepared at a WHO-sponsored workshop, is one of a three-part learning set on epilepsy, the two others being one directed to administrations/supervisors of primary health care services and the other to patients and families. Together these three are intended to be a basic reading in training for implementation of epilepsy programmes in primary health care settings.

EPILEPSY DIAGNOSIS AND TREATMENT

1. Language: Spanish
2. Author: Maria Cristina Escobar Fritzche; Eduardo Medina Cardenas (eds)
3. Date and place of publication: 1990
4. Publisher: Ministry of Health - Chile (Normas Técnicas 1990)
5. Sale: unknown
6. Field covered:
 - Introduction
 - Classification
 - Differential diagnosis
 - Electroencephalography
 - Treatment
 - Febrile convulsions
 - Generalized clonic-tonic epileptic state
 - Epilepsy and pregnancy
 - Programme guidelines for the care of epileptic patients in Health Services
 - Suggested readings
 - Annexes: Clinical recording forms, control variables
7. Intended for: Physicians (both generalists and neurologists), nurses, social workers and nursing aides
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: not included, but represent technical norms emanating from the Ministry of Health to be acted upon in their services
12. Evaluation method: not included
13. The length is: 41 printed pages
14. This manual was prepared and revised by a group of neurologists and neuropediatricians under the sponsorship of Chile's Ministry of Health/WHO/PAHO after being analyzed throughout the country. It is intended to represent the official guidelines on planning, services delivering and evaluation in the field of epilepsy.

EPILEPSY: A GENERAL PRACTICE PERSPECTIVE

1. Language: English
2. Author: Simon D. Shorvon
3. Date and place of publication: 1988
4. Publisher: Ciba-Geigy, Basel, Switzerland
5. Sale: unknown
6. Field covered:
Definitions
The epidemiology of epilepsy and primary health care
Classification of epileptic seizures
The aetiology of epilepsy
Diagnosis and differential diagnosis of epilepsy
Drug treatment of epilepsy
Social aspects of epilepsy
Prognosis of epilepsy
7. Intended for: Physicians (general practitioners), although could be of use to nurses
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: not stated, but must be a self-learning manual
12. Evaluation method: not included
13. The length is: 93 printed pages plus 1 folder with basic recommendations and dosage schedule tables
14. This manual is very didactic, clearly written and quite detailed in sections on drug treatment. It contains a section on the epidemiology of epilepsy, unfortunately limited to data on US and UK only. Graphics and illustrations are good; language however limits its use only to doctors or nursing personnel with university degree.

EPILEPSY: A MANUAL FOR HEALTH WORKERS
(Scientific Publication 447)

1. Language: English/Spanish/Portuguese
2. Author: Preston Robb
3. Date and place of publication: 1981
4. Publisher: PAHO/WHO, 525 Twenty-third Street N.W., Washington, D.C.
20037, USA
5. Sale: US\$ 6.00
6. Field covered:
Introduction
Etiology and prevention
Classification of epilepsies
Clinical picture
Treatment
Social aspects
Prognosis
Appendices: International Classification of Epilepsy
Development of children
Lumbar puncture
Anticonvulsants and their dosages
Follow-up form
Glossary
Short bibliography
7. Intended for: Health workers in general, both in developing and developed countries
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: not stated, but must be a self-learning manual
12. Evaluation method: not included
13. The length is: 90 printed pages
14. Originally produced by the US National Institute of Health and then incorporated by PAHO/WHO as a scientific publication. Its language makes it more appropriate to physicians, although it could be useful also to other health workers.

EPILEPSY: A MANUAL FOR MEDICAL AND CLINICAL OFFICERS IN KENYA

1. Language: English
2. Authors: compiled by P.A. Dekker, M D
3. Date and place of publication: 1990, Nairobi, Kenya
4. Publisher: Kenya Association for the Welfare of Epileptics, P.O. Box 44599, Nairobi, Kenya
5. Sale: price not specified
6. Field covered:
 1. Definitions
 2. Epidemiology
 3. Causes
 4. Contributory factors
 5. Condition co-existing with epilepsy
 6. Prevention
 7. Seizures
 8. Classification of epilepsies and epileptic syndromes
 9. Febrile convulsion
 10. Disorders to be distinguished from epilepsy
 11. History, examination and investigation
 12. Treatment
 13. Prognosis
 14. Social aspects
 15. Special epilepsy clinic, anticonvulsant
7. Intended for: medical and clinical officers
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: self-learning manual
12. Evaluation method: No evaluation methods given
13. The length is: 96 printed pages
14. This manual indicates diagnostic and treatment methods for epilepsy. Also included is a list of the principal causes of epilepsy and how to prevent this disorder.

EPILEPSY: MEDICAL and SOCIAL ASPECTS

1. Language: English
2. Authors: Not stated
3. Date and place of publication: 1991, Bangalore, India.
4. Publisher: Indian Epilepsy Association (Bangalore Chapter). No.1 Old Veterinary Hospital Road, Basavanagudi, Bangalore-560 004.
5. Sale: Rs. 10
6. Field covered:
 - Medical aspects
 - Drug treatment
 - First aid during an attack
 - Febrile convulsions in children
 - Social aspects
 - Summary and conclusions
7. Intended for: General public, especially patients and their relatives
8. Description of common mental health problems as case studies: Yes
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: Not stated
11. Methods of use: Not stated but could be used as self-learning manual
12. Evaluation method: Not included
13. The length is: 32 printed pages
14. This is a practical book oriented for the general public especially patients and relatives. There is much advice on dealing with the epileptic and an important section on emergency treatment at home. This book tries to eliminate misconceptions, superstitions and fears about epilepsy.

GOOD HEALTH FOR ALL - A WORKBOOK FOR VILLAGE HEALTH WORKERS

1. Language: English
2. Author: not stated
3. Date and place of publication: not stated
4. Publisher: Ministry of Health, Lesotho
5. Sale: not specified
6. Field covered: Mental health problems in your village
Helping when a person is mentally disturbed (includes fits)
Some basic mental health messages
7. Intended for: Village health workers
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: Self-learning manual
12. No evaluation methods included
13. The length is: 14 pages
14. This is the mental health section from a manual for village health workers, being pages 253-266 within that manual. This presents some realistic activities that can be undertaken by village health workers to promote better mental health in their villages.

A GUIDE TO THE MANAGEMENT OF EPILEPSY

1. Language: English
2. Author: Anne Watts
3. Date and place of publication: 1986
4. Publisher: Private Hospitals Association of Malawi
5. Sale: unknown
6. Field covered:
 - Finding the patients
 - Taking history
 - Explanations
 - Drug treatment
 - Results to be expected
 - When to stop treatment
 - Drug reactions
 - Drug in pregnancy
 - Treating the under five's
 - Use of treatment card
 - Ways to encourage attendance
7. Intended for: Primary health care workers, useful also for village and community health workers
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: not stated, but must be a self-learning manual
12. Evaluation method: not included
13. The length is: 9 pages, typed A4
14. A very practical guide with accessible language at all levels of care. Although written by an expatriate doctor, it is quite adequate at village level for many African countries.

A GUIDE FOR SCHOOL MENTAL HEALTH

1. Language: French
2. Authors: Not listed
3. Date and place of publication: 1991, Morocco
4. Publisher: Ministry of Health, Rabat, Morocco, with the collaboration of WHO
5. Sale: Price not specified
6. Field covered:
 1. Introduction
 2. Listening during clinical interview
 3. Adolescence
 4. Drug abuse
 5. School failure and personality disorders
 6. Stammering
 7. Dyslexia
 8. Enuresis
 9. Mental retardation
 10. Lateralization
 11. Sensory impairment
 12. Hyperkinetic syndrome
 13. Epilepsy and child in school age (7-14 years)
 14. Child abuse
 15. Juvenile delinquency
7. Intended for: Physician
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: self learning manual
12. Evaluation method: No evaluation methods given
13. The length is: 59 printed pages
14. This guide describes some problems present in children and adolescents. Its reading gives basic and brief knowledge on how to deal with and to refer children and their families to the specialist. It also presents some advice on how to prevent major problems as well as complications of those already established.

HANDBOOK ON EPILEPSIES FOR PHYSICIANS - 3rd edition

1. Language: English
2. Author: not stated
3. Date and place of publication: 1979
4. Publisher: Comprehensive Epilepsy Program, University of Minnesota,
2829 University Avenue Southeast - Suite 608, Minneapolis, Minn. 55414,
USA
5. Sale: US\$ 3.00
6. Field covered: Diagnosis and treatment of epilepsy
Educational resources
Community resources
7. Intended for: All types of health workers and even lay people
(community leaders, patients and families, etc.)
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: not stated, but must be a self-learning manual and a
source book on epilepsy-related issues
12. Evaluation method: not included
13. The length is: 90 pages, typed A4/offset/typed pages and several
leaflets
14. A highly interesting description of a very comprehensive programme for
the management of epilepsy. In addition to health services
specifically, it contains a wealth of information on educational
resources (ranging from "Bibliography on epilepsy for patients and other
lay people" to "Emergency identification aids for persons with
epilepsy") and on community resources (covering issues ranging from
legal aspects to work issues peculiar to persons with epilepsy).

HANDBOOK OF PSYCHIATRY FOR MEDICAL OFFICERS.

1. Language: English
2. Authors: Dr Tariq Mahmood with the help of Ibn Sina Team
3. Date and place of publication: November 1990, Oman
4. Publisher: Ministry of Health, Oman in Collaboration with WHO
5. Sale: Price not specified
6. Field covered:
7. Intended for: doctors working in primary care
8. Description of common mental health problems as case studies: Yes
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: could be used as self learning manual
12. Evaluation method: No evaluation methods given
13. The length is: 109 printed pages
14. This handbook will be highly useful for the medical officers and para-medical staff, particularly those working in peripheral hospitals and health centres, in dealing with mental problems.

HANDBOOK FOR TRAINERS OF THE MENTALLY RETARDED PERSON PRE-PRIMARY LEVEL

1. Language: English
2. Authors: Jayanthi Narayan, A.T. Theressia Kutty
3. Date and place of publication: 1989, Secunderabab, India
4. Publisher: National Institute for the Mentally Handicapped, Manovikas Nagar, Bowenpally post, Secunderabab-500 011
5. Sale: not stated
6. Field covered:
 1. Concept of mental retardation
 2. Functional programming for mentally retarded persons
 3. Instruction to use the checklist
 4. Motor skills
 5. Self care skills
 6. Communication skills
 7. Social skills
 8. Pre-academic skillsAppendix
7. Intended for: special teachers and trainers of mentally retarded persons
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: self-learning manual
12. Evaluation method: not included
13. The length is: 243 printed pages
14. A useful guide to help the teachers to assign children to different levels of education according to their capabilities. It is the first in a series in which titles deal with primary, secondary pre-vocational and vocational levels. One special feature of this publication is that it avoided what the authors call the "western model" and included skills/tasks function oriented and suitable to Indian conditions.

HEALTH CENTRE REFERENCE MANUAL - VOLUME III

1. Language: English
2. Author: Directorate General of Community Health, Department of Health
3. Date and place of publication: 1976, Jakarta, Republic of Indonesia
4. Printed by: P.T. Repro Indonesia Co., Jakarta
5. Sale: apparently not for sale
6. Field covered:
 - School health
 - Dental health
 - Mental health:
 - application of mental health principles by health centre workers
 - mental health for parents and children
 - identification of patients with mental health problems
 - mental health care
 - instructions for referring patients to mental health facilities
7. Intended for: Health workers in the field, supervisors at all levels and those engaged in education and training of health workers
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: To be used as a guide for health centre staff members in carrying out the daily activities; to serve as a continuous reference for health centre staff in policies, procedures, techniques and methods; to serve as a source of information for supervisors and teachers about health centre activities
12. No evaluation methods included
13. The length is: 36 printed pages
14. This is a guide for health centre workers to get quick information when he or she is faced with any of the situations that are included in the manual. The Ministry of Health plans a system for routine revision which will be made following tests made during implementation of the manual, and following suggestions from users.

HELPING CHILDREN IN DIFFICULT CIRCUMSTANCES

1. Language: Portuguese/English

2. Authors: Dr Naomi Richman, Diana Pereira and their colleagues in the Department of Special Education, Ministry of Education, Mozambique

3. Date and place of publication: 1990

4. Publisher: Save Children Foundation 17 Grove Lane, London SE5 8RD

5. Sale: the English version costs £2.95

6. Field covered:

- 1. Children's development
- 2. Teachers in difficult circumstances
- 3. Children in difficult circumstances
- 4. Support for children in difficult circumstances
- 5. The importance of the teacher-children relationship
- 6. Creative activities
- 7. The school-family-community relationship
- 8. Boy soldiers
- 9. Separation, loss and death

7. Intended for: school teachers

8. Description of common mental health problems as case studies: this manual presents different cases of children and adults affected by war

9. Learner requested to make sequential decisions to tackle problems: No

10. Learning objectives: clearly stated

11. Methods of use: self learning manual or to use in group

12. Evaluation method: no evaluation methods given

13. The length is: 54 printed pages

14. This manual provides useful knowledge to the teacher in recognising and understanding the effects of war and social conflict on a child's development and feelings, shows the importance of the teacher-student relationship and reinforces the idea of utilizing the school, the family and the community to deal with different kinds of problems.

HEALTH FACILITIES MANUAL - Vol. 1

1. Language: Portuguese
2. Author: Secretariat of Health and Environment
3. Date and place of publication: 1986, Porto Alegre, Brazil
4. Publisher: Secretariat of Health and Environment, Rio Grande do Sul, Brazil, Av. Borges de Medeiros, 1506, 6º andar, 90.000 Porto Alegre, RS, Brazil
5. Sale: not for sale
6. Field covered:
 - Introduction
 - Alcoholism
 - Psychoses
 - Chronic complainers
 - Epilepsy
 - Mental retardation
7. Intended for: Health workers in general (from primary health care to mental health care workers)
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: Yes
10. Learning objectives: not stated
11. Methods of use: A self-learning manual as an adjunct to continuing supervision
12. Evaluation method: not included
13. The length is: 30 printed pages
14. This manual is one section (G) of a training and procedures manual covering all areas of functioning of outpatient health facilities of all levels of complexity (from isolated outposts to the more complex regional health centre). Section G deals with the integration of mental health care into the overall general health system with detailed guidelines on care identification, management and referral, including record keeping and information processing. Since it presents specific goals, it is a useful instrument for monitoring and evaluating health facilities' performance.

HOW TO HELP WITH EPILEPSY

1. Language: English/Swahili
2. Author: Caroline A. Pickering, illustrated by Paul G. Otieno
3. Date and place of publication: 1987, Kenya
4. Publisher: The Kenya Association for the Welfare of Epileptics, P.O. Box 44599, Nairobi
5. Sale: Not specified
6. Field covered:
 - Introduction
 - Traditional beliefs about epilepsy in Kenya
 - The problems that face people with epilepsy
 - Coping with epilepsy
 - A person with epilepsy is ...
 - A history of epilepsy
 - What is epilepsy?
 - The causes of epilepsy
 - The brain and how it works
 - Types of seizures
 - What to do when a person has a seizure
 - The doctor and drugs
 - How the drugs work
 - Discontinuing drugs
 - Side-effects of drugs
 - Help other than medical
 - The parents' role
 - Managing a child with epilepsy
7. Intended for: General public and patients and their families
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: No
11. Methods of use: Self learning material, but could be used as reference material together with education sessions
12. Evaluation method: No evaluation method included
13. The length is: 34 pages (17 x 24 cms) with extensive illustrations (line drawings) and figures
14. This is not a manual for health workers, although it might well be informative for this group. Rather it can be used by health workers (a) to give to patients and their families when treating them for epilepsy and (b) use in conjunction with other health education activities concerning epilepsy. It is simply written, but very comprehensive, needing perhaps a good level of secondary education if it is to be used as self-learning material.

LEARNING PACKAGES IN MENTAL HEALTH
FOR COMMUNITY HEALTH WORKERS

1. Language: English
2. Author: WHO/WPRO Prepared by Mr I. Blackman while working as a consultant in Papua New Guinea
3. Date and place of publication: As yet (1989), exists only as draft for comments
4. Publisher: Planned as a publication from: Regional Office for the Western Pacific, World Health Organization, P.O. Box 2932, 1099 Manila, Philippines
5. Sale: Price not yet fixed
6. Field covered:
Instructions to users
Helping learner, learn
What is mental health?
What causes mental ill-health?
Promoting mental health: a health worker's guide
Identifying and assessing the mentally-ill person
Care of the patient who has fits
Managing the violent patient - the health worker's role
Managing the patient who has delusions
The person who abuses alcohol
Managing the patient who has withdrawing behaviour
Evaluation of learning packages: mental health
Mental health resources
7. Intended for: Community health workers, general health workers at village level and up to health centre level
8. Description of common mental health problems as case studies: The manual does contain a few case studies and examples
9. Learner requested to make sequential decisions to tackle problems: Not in flow chart form, but very practical steps to follow are given
10. Learning objectives: Yes, both at the start of the book and at the beginning of each section/module
11. Methods of use: Can be used as a self-learning package, but can also be used in conjunction with teaching programmes
12. Evaluation method: A section is included on evaluation of the learning packages. This enables feedback to be given to teachers and those who might revise these packages. No help is provided for the students to monitor their own learning.
13. The length is: 123 printed pages
14. A very well set out, practical and clear manual, requiring the student to participate by answering many questions. This would ideally need a supervisor to then go through the answers with the student to provide feedback.

LIVING WITH MENTAL ILLNESS:
Basic Facts About Mental Illness and Chlorpromazine.
A Booklet for Patients and Families

1. Language: English/Lozi/Afrikaans/Oshiwambo/Otjiherero/Nama-Damara/
Setswana/Siswati/Shona
2. Author: WHO
3. Date and place of publication: 1990, Geneva, Switzerland
4. Publisher: .WHO Geneva, Switzerland
.Ministry of Health and Social Services, Republic of Namibia
Private Bag 13196 Windhoek, Namibia
.Botswana National Health Institute
P.O Box 126 Lobatse, Botswana
.National Psychiatric Centre
P.O Box 424, Swaziland
.Ministry of Health
P.O Box 8204 Causeway, Zimbabwe
5. Sale: not stated
6. Field covered: Part I: Abnormal Behaviour, Possible Causes and
Traditional Beliefs
Part II: Signs of Mental Illness
Part III: Chlorpromazine
Part IV: Community Resources for Treatment and
Rehabilitation
7. Intended for: Patients and Families
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not included
11. Methods of use: Can be used as a self-learning manual
12. Evaluation method: not included
13. The length is: the English version has 6 pages
14. This booklet is intended to give accessible information on abnormal
behaviors, signs of mental illness, and its management with the help of
chlorpromazine. This booklet was produced during a WHO workshop as a
template that could be used by different countries to produce local
adaptations.

THE MANAGEMENT OF ANXIETY AND DEPRESSION

1. Language: English
2. Author: H.W. Hannah
3. Date and place of publication: 1984, Tanzania
4. Publisher: Mirembe Hospital, POB 910, Dodoma, Tanzania
5. Sale: not specified
6. Field covered:
 - Section 1: Emotions
 - Section 2: Anxiety
 - Section 3: Causes of anxiety in Tanzanian psychiatry
 - Section 4: Muscle tension pains
 - Section 5: Anxiety neuroses: attack and course
 - Section 6: The management of anxiety neuroses
 - Section 7: Psychotherapy
 - Section 8: Relaxation therapy
 - Section 9: Depression
 - Section 10: Endogenous depression as seen in Outpatients
 - Section 11: Severe endogenous depression
7. Intended for: Psychiatric nurses (practical handbook)
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: not stated but could be used as self-learning manual in the management of anxiety and depression
12. No evaluation methods included
13. The length is: 24 A5 printed pages, single spaced. Offset publication
14. A useful handbook to inform psychiatric nurses about anxiety and depression in general and to give some methods of their management.

THE MANAGEMENT OF EPILEPSY IN DEVELOPING COUNTRIES: AN 'ICEBERG' MANUAL.

1. Language: English
2. Authors: Dr S.D. Shorvon, Dr Y.M. Hart, Dr J.W.A.S. Sander, Dr F.G. van Andel
3. Date and place of publication: 1991, London
4. Publisher: Royal Society of Medicine Services
5. Sale: Price not specified
6. Field covered:
 1. The nature of epilepsy
 2. Diagnosis and differential diagnosis
 3. The medical treatment of epilepsy
 4. Prevention of epilepsy
 5. The attitudes of the patient, family and society
 6. The role of doctors and paramedical workers in the community-based treatment of epilepsy
 7. Epilepsy training
 8. Elements of a community-based epilepsy services
 9. The role of government and non-government agencies in promoting better health care for epilepsy

APPENDICES

7. Intended for: Physicians, nurses, social workers and volunteers
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: self-learning manual
12. Evaluation method: No evaluation methods included
13. The length is: 66 printed pages
14. This manual presents its message with remarkable clarity. Clinical and investigative diagnostic criteria, epidemiology, classification, pharmacological, social and educational management are all well handled. The professional who comes into contact with people with epilepsy will find it very helpful.

A MANUAL FOR THE MANAGEMENT OF SOME COMMON MENTAL DISORDERS

1. Language: English
2. Author: J.M. Ben-Tovin, U.I. Ben-Tovin, M. Bukowski
3. Date and place of publication: February 1983, Botswana
4. Publisher: no publisher stated. Copy available from WHO Division of Mental Health, Geneva
5. Sale: apparently not for sale
6. Field covered:
 - Chapter 1 - Psychiatric Emergencies:
 - A. Acutely disturbed patient
 - B. Attempted suicide
 - Chapter 2 - Epilepsy
 - Chapter 3 - Schizophrenia
 - Chapter 4 - Alcoholism
 - Chapter 5 - Pelu, palpitations and headaches
7. Intended for: both general nurses and doctors and primary health care workers/family welfare educators. Each section has a special piece dealing with the needs of the latter and practical activities which they can undertake
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: not stated but could be used as self-learning or as an adjunct for a teaching programme
12. No evaluation methods included
13. The length is: 36 A4 typed pages, double space. Offset publication
14. A useful model of a short training manual covering the topics stated, with fairly clear instructions to health workers about what to do. Others may wish to follow the model when producing a text for their own country. The addition of learning objectives together with a means for evaluating whether these objectives have been reached might be an advantage.

MANUAL OF MENTAL DISORDERS FOR PHC PERSONNEL

1. Language: English/Hindi
2. Author: N.N. Wig and R. Srinivasa Murthy
3. Date and place of publication: 1981, India, reprinted 1983
4. Publisher: Indian Council of Medical Research, Ansari Nagar, Post Box 4508, New Delhi 110 029
5. Sale: price not stated
6. Field covered: Five priority conditions:
Acute and Chronic Psychosis
Epilepsy
Depression
Mental Retardation
7. Intended for: Primary health workers and supervisory staff including nurses
8. Description of common mental health problems as case studies: Yes
9. Learner requested to make sequential decisions to tackle problems: Yes
10. Learning objectives: Well-stated with help of flowcharts
11. Methods of use: The material can be used for self-learning as well as an adjunct for lectures
12. Evaluation methods: At the end there is useful section of self-assessment and evaluation with the help of case history vignettes
13. The length is: 46 pages
14. It deals with recognition and simple management of the conditions at primary care level. There is useful section of health education material related to the above priority conditions. Much of this has been incorporated into the Manual of Mental Health for Multipurpose Workers (described on p. 4).

MANUAL OF MENTAL DISORDERS FOR PHC PHYSICIANS

1. Language: English/Farsi
2. Author: N.N. Wig and R. Parhee
3. Date and place of publication: 1984, India; 1991, Iran
4. Publisher: Indian Council of Medical Research, Ansari Nagar, Post Box 4508, New Delhi 110 029
Regional Health and Medical Care Organisation, Province Chahar Mahal Bakhtiari, Iran, 1991.
5. Sale: price not stated
6. Field covered:
Organization of training programmes
Methods of evaluation and follow up
Common psychiatric conditions seen at primary health care level (divided into nine common groups of mental disorders)
Counselling
Psychotherapy
Psychotropic drugs
Appendices: List of common psychotropic drugs
Pre and post training assessment procedures including some good case history vignettes
Glossary of common psychiatric terms
7. Intended for: Doctors working at primary health care level as well as for their trainers
8. Description of common mental health problems as case studies: Yes
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: included
11. Methods of use: Self-learning manual, also useful to formal instruction
12. Evaluation methods: included
13. The length is:
14. A manual for training the trainers. Useful for effective clinical practice but also for training health workers.

MANUAL OF MENTAL HEALTH CARE FOR MULTIPURPOSE WORKERS
2nd edition

1. Language: English/Dari/Farsi*
2. Author: R. Srinavasa Murthy (ed).
3. Date and place of publication: ICMR, ACMH no. 5 1988, Bangalore, India
4. Publisher: National Institute of Mental Health and Neurosciences, P. O. Box 2900, Bangalore 560029. India
Ministry of Public Health, Department of Mental Health, Kabul, Afghanistan, 1988
5. Sale: not specified
6. Field covered:
 - Mental health as part of general health care
 - Brain and behaviour
 - Mental illness - features, type, causes and treatment
 - General approach to the mentally ill
 - Psychoses
 - Epilepsy
 - Neuroses
 - Mental retardation
 - Alcohol and drug dependence
 - Mental health skills relevant to primary health worker
 - Responsibilities of health workers
7. Intended for: Multipurpose workers of public health centres
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: Self-learning manual or as an adjunct for lectures or workshops
12. No evaluation methods included
13. The length is: 62 printed pages
14. A short training manual for multipurpose workers to help them deal with the mentally ill and educate people to increase awareness about mental health problems in order to correct their misconceptions and unscientific practices. The manual helps identify people with mental illness in their areas, suggesting bringing them to primary health centres for initiating treatment and then providing instruction on managing them in the community. This is the second and revised edition of a previous one called "Manual of Mental Health for Multipurpose Workers".* This edition has two additional appendices, one on Mental Health Act, Afghanistan, 1987, and a second appendix on a Patient Referral form.

MANUAL OF MENTAL HEALTH FOR BASIC HEALTH WORKERS

1. Language: English
2. Authors: edited by Dr. U Thu Ta; compiled by Dr. U Nyi Nyi Laat
3. Date and place of publication: 1990, Union of Myanmar
4. Publisher: Department of Health, Union of Myanmar
5. Sale: Price not specified
6. Field covered:
 1. Mental health
 2. Mental disorders
 3. Causes of mental illness
 4. Psychoses
 5. Neuroses
 6. Mental retardation
 7. Alcohol and drug dependence
 8. Epilepsy
 9. Implementation of mental health care in primary health care activities and role of basic health workers in mental health care
7. Intended for: basic health workers
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: Yes
10. Learning objectives: not stated
11. Methods of use: self learning manual
12. Evaluation method: No evaluation methods given
13. The length is: 53 printed pages
14. This manual helps basic health workers to deal with persons with mental illness in their areas and gives clear instructions on patient referral to more complex levels. It also offers instruction on how to disseminate information on how to correct misconception and non-scientific practices in the community, and on mental health prevention.

MANUAL OF MENTAL HEALTH FOR COMMUNITY HEALTH WORKERS

1. Language: English/Nepalese
2. Author: Dr Mahendra K. Nepal, Dr Christine S. Wright
3. Date and place of publication: 1989, 1st Nepali edition; 1990, 2nd English edition, Nepal
4. Publisher: Health learning materials project, Institute of Medicine, P.O. Box 2533, Matlaraajgunj, Nepal
5. Sale: Cost rupees 60/-
6. Field covered:
 - Causes of Mental Illness
 - Brain and Behaviour
 - Interviewing a Mentally Ill Patient
 - Diagnosis of mental illness
 - Psychosis
 - Neurosis
 - Epilepsy
 - Mental Retardation
 - Alcoholism and Drug Abuse
 - Mother's and children's mental health
 - Psychosexual Disorder
 - Practical Aspects of Mental Health Services in the Community
 - Medication for Mental Illness
 - Glossary of technical terms used
 - Suggestions for record forms
7. Intended for: Although the title mentions Community Health workers, the text is in a form that is suitable more for qualified nurses, medical assistants/clinical officers
8. Description of common mental health problems as case studies: The manual does provide descriptions of cases to illustrate the problems
9. Learner requested to make sequential decisions to tackle problems: Not in a flowchart form, but descriptions of managements for the various mental disorders are set out in decision making format
10. Learning objectives: not stated
11. Methods of use: not explicitly stated, but would be a resource for self-learning or as an adjunct to instruction and as a practical manual
12. Evaluation method: No evaluation methods included
13. The length is: 124 pages (17 cms x 24 cms in size)
14. A well written manual, the language is possibly somewhat more complicated than would normally be required for non-physician health workers. It provides a useful model for others working to produce a manual. Of particular note is the inclusion of case examples in the text and clear instructions concerning treatment and management.

MANUAL OF MENTAL HEALTH FOR MEDICAL OFFICERS

1. Language: English
2. Author: M.K. Isaac, C.R. Chandrashekhar, R. Srinivasa Murthy
3. Date and place of publication: 1985, Bangalore, India
4. Publisher: National Institute of Mental Health and Neurosciences, P. O. Box 2900, Bangalore 560029, India
5. Sale: not stated
6. Field covered:
 - Mental Health as part of General Health
 - Brain and behaviour
 - Mental disorders
 - History taking and mental status examination
 - Major mental disorders
 - Minor mental disorders
 - Childhood mental disorders including mental retardation
 - Epilepsy
 - Treatment of mental disorders
 - Implementation of mental health care at primary health care

There are also appendices on (a) mental health education
(b) information needed for case records of patients with psychosis, neurosis, mental retardation and epilepsy
(c) timetable for a two-week course given to general medical officers

7. Intended for: General medical officers
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: Self-learning manual or adjunct to formal instruction
12. No evaluation methods included
13. The length is: 120 typed pages
14. A useful manual which aims to help with the integration of mental health care into the existing general health system by training medical officers to identify people with mental illnesses and manage them in the community.

MANUAL OF MENTAL HEALTH FOR MEDICAL OFFICERS

1. Language: English
2. Authors: edited by Dr U. Ne Win and supervised by Dr U. Thane Htay Pe
3. Date and place of publication: 1990, Union of Myanmar
4. Publisher: Department of Health, Union of Myanmar
5. Sale: Price not specified
6. Field covered:
 1. Mental health as part of general health
 2. Brain, personality and behaviour
 3. Psychiatric symptomatology
 4. History taking and mental state examination
 5. Neuroses
 6. Psychoses
 7. Organic psychiatric states
 8. Childhood mental disorders
 9. Psychiatric emergencies
 10. Forensic psychiatry
 11. Introduction to alcoholism
 12. Management of psychiatric disorders
 13. Drug dependence
 14. Implementation of mental health at primary health care level
7. Intended for: medical officers
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: included
11. Methods of use: self-learning manual
12. Evaluation method: included
13. The length is: 162 printed pages
14. A well written manual, helps medical officers to identify and treat mental illness, whilst managing them in the community. One could expect however that more precise and detailed information could have been provided to that end.

MANUAL OF MENTAL HEALTH FOR PRIMARY HEALTH CARE PHYSICIANS

1. Language: English
2. Author: Kazi, H.G.
3. Date and place of publication: 1987, Hyderabad, Pakistan
4. Publisher: SCIPS Publications, Institute of Psychiatry Sind, P.O. Box 366, Hyderabad, Sind, Pakistan
5. Sale: Free copies from the address above
6. Field covered:
 - Introduction
 - Classification of psychiatric disorders
 - History taking and interview techniques
 - Symptoms and signs of mental illness
 - Mental mechanisms
 - Neuroses
 - Affective disorders
 - Schizophrenia
 - Organic psychoses
 - Mental retardation
 - Epilepsy
 - Drug dependence
 - Sexual disorders
 - Psychotherapeutic drugs
7. Intended for: Primary health care physicians; also useful for those interested in the management of psychiatric patients
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: A self-learning manual, to be used also as an adjunct to training courses
12. Evaluation method: not included
13. The length is: 36 printed pages
14. This manual was prepared to be used as an adjunct to training courses sponsored by WHO in Pakistan. In the form of a mini textbook, it contains useful information on psychiatry mostly for physicians, due to the level of language.

MANUAL OF MENTAL HEALTH FOR THE PUBLIC HEALTH OFFICER AT DISTRICT LEVEL

1. Language: Thai
2. Author: Several authors
3. Date and place of publication: 1982, Bangkok, Thailand
4. Publisher: Department of Medical Services, Ministry of Public Health, Thailand
5. Sale: not stated
6. Field covered:
 - Introduction
 - Foreword
 - How to use this manual
 - Concepts in mental health
 - Mental (psychotic) disorders:
 - Identification and management of patients and their families
 - Psychological (neurotic) disorders:
 - Identification and management of patients and their families
 - Epilepsy
 - Substance abuse
 - Learning disorders in children
 - Mental retardation
 - Physical illnesses with a psychological basis (Psychomatic disorders)
 - Conclusion
 - Annexes: 1. Case vignettes
 - 2. Directory of mental health services in Thailand
7. Intended for: Public health officers (physicians, nurses, social workers, etc.), particularly those in functions of training and supervision at district level
8. Description of common mental health problems as case studies: Yes.
Case vignettes of different types of mental disorders
9. Learner requested to make sequential decisions to tackle problems: Yes
10. Learning objectives: included
11. Methods of use: Self-learning manual, but also an adjunct to formal instruction
12. Evaluation method: not included
13. The length is: 134 typed pages
14. A detailed manual, presented as a mini textbook to enable public health officers to train and supervise primary health care workers in mental health action.

MANUAL OF OPERATIONS ON CONTROL OF MENTAL DISORDERS

1. Language: English
2. Author: Department of Health, Manila, Philippines
3. Date and place of publication: 1977, Manila
4. Publisher: Department of Health, Manila, Republic of the Philippines
5. Sale: not for sale
6. Field covered:
 - Introduction
 - The control of mental disorders programme
 - Diagnosis of mental illness
 - Modes of treatment
 - Control measures
 - Rehabilitation
 - Preventive education programme
 - Training
 - Research
 - Integrated plan of action
7. Intended for: Health workers
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: Self-learning manual
12. No evaluation methods included
13. The length is: 35 typed pages
14. The manual guides non mental health professionals as to how, in the course of their health work, they should deal with people under stress or crisis.

MANUAL OF PRIMARY MENTAL HEALTH CARE FOR GENERAL PRACTITIONERS

1. Language: Arabic
2. Authors: Dr Ahmed Nayer Kotry, Dr Faha Baasher
3. Date and place of publication: 1987; place not stated but probably Alexandria, Egypt
4. Publisher: This manual was prepared and printed with the support of WHO/EMRO, Alexandria
5. Sale: not stated
6. Field covered:
 - Mental and psychiatric disorders
 - Classification of mental and psychiatric disorders
 - Problems of mental health:
 - 1) Major functional psychiatric disorders
 - 2) Social isolation
 - 3) The retirement crisis
 - 4) Other mental disorders: epilepsy and addiction
 - Psychiatric emergencies:
 - Suicide
 - Agitation
 - Questionnaires for detecting psychiatric disorders
7. Intended for: General practitioners
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: To identify and treat psychiatric disorders in the context of primary health care
11. Methods of use: Part of a training programme on mental health
12. Evaluation method: Includes questionnaires on evaluation before and after training
13. The length is: 68 printed pages
14. This was the first Manual in Arabic for training of GPs. It has been widely used in Egypt and also in other countries. However, the style remains as that of a small textbook of psychiatry.

MANUAL OF PSYCHIATRY FOR PRIMARY HEALTH CARE WORKERS

1. Language: Spanish/Chinese (as yet not printed)
2. Author: C.E. Climent, M.V. de Arango
3. Date and place of publication: 1983, Washington, USA
4. Publisher: Organizacion Panamericana de la Salud, 525 23rd Street, N.W., Washington D.C. 20037, USA
5. Sale: price not specified
6. Field covered:
 - Introduction
 - Patient's history
 - General principles in psychiatric interview
 - Illustrated questionnaire of the symptoms
 - The more frequent psychiatric syndromes
7. Intended for: Health workers in primary health care
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: not included but appear suitable for self-learning
12. Evaluation method: not included
13. The length is: 100 printed pages
14. Useful educational material for primary health care workers. It is simple and easy for low-level trained staff.

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A MANUAL ON CHILD MENTAL HEALTH AND PSYCHOSOCIAL DEVELOPMENT

Part I: For Primary Health Care Physicians
Part II: For the Primary Health Worker
Part III: For Teachers
Part IV: For Workers in Children's Homes

1. Language: English
2. Author: A working group convened by WHO/SEARO
3. Date of publication: 1982
4. Publisher: WHO/SEARO as offset documents, SEA/MENT/65, 66, 67 and 68
5. Sale: not for sale
6. Field covered:
Part I is divided largely according to problems
1. Introduction, 2. General Principles in Management of Child Mental Health problems, 3. Epilepsy, 4. Severe Overactivity, 5. Severe Mental Retardation, 6. Enuresis, 7. Functional Complaints, 8. Stammering
Part II: General Introduction, Child Mental Health Problems: General, during the Pregnancy, From Birth to Three Years, From Three to Six Years, From Six to Twelve Years, From Twelve to Sixteen Years
Part III: General Introduction, Mental Health and Development, Promotion of mental Health and Development, Child Mental Health Problems: General, From Six to Twelve Years, From Twelve to Sixteen Years
Part IV: General Introduction, From Birth to Six Years, From Six to Twelve Years, Adolescence
7. Intended for: As stated in the titles to each section
8. Description of common mental health problems as case studies
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Method of use: Written for self-learning but in most instances would be better used to complement teaching sessions
12. Evaluation methods: not included
13. Length: Part I: 6 pages, Part II: 45 pages, Part III: 25 pages and Part IV: 37 pages
14. These are produced as a set so that the information provided in each is compatible. The manual for physicians is not intended as an exhaustive text but is meant to provide the physician with sufficient resources to be able to handle referrals from say primary health care workers, made according to the recommendations of part 2, in such a way that the physician's actions complement those of the primary health care worker.

MANUAL ON MENTAL HEALTH FOR PRIMARY HEALTH WORKERS

1. Language: English
2. Authors: Lourdes Ladrido-Ignacio, M.D.; Anselmo T. Tronco, M.D.
3. Date and place of publication: no date stated, Manila, Philippines
4. Publisher: Department of Psychiatry, College of Medicine University of the Philippines, Manila/World Health Organization Regional Office for the Western Pacific
5. Sale: Price not specified
6. Field covered:
 1. A conceptual model of mental health
 2. The examination of the patient
 3. Crises
 4. Depression
 5. Over concern with physical problem
 6. Chronic psychosis
 7. Behavioural problems among children
 8. Psychosocial intervention by primary health care workers
 9. Psychotropic drugs
7. Intended for: Primary health workers (family physicians, community health and social workers and medical students)
8. Description of common mental health problems as case studies: Yes
9. Learner requested to make sequential decisions to tackle problems: Yes
10. Learning objectives: clearly stated
11. Methods of use: for use as an accompanying text in a brief training course in mental health
12. Evaluation method: No evaluation methods given
13. The length is: 107 printed pages
14. This manual gives important and complete information about mental disorders and helps to ensure the ability needed for workers to be able to make decisions. This manual instructs on how to involve family and community in the resolution of the problems. It could be useful as an introduction to mental health care for both physicians and medical students, as well as other primary health workers.

MANUAL OF PSYCHOTHERAPY FOR MEDICAL OFFICERS

1. Language: English
2. Authors: T.G. Sriram, C.R. Chandrashekhar, Mohan K. Isaac, R. Srinivasa Murthy
3. Date and place of publication: 1990, Bangalore, India
4. Publisher: National Institute of Mental Health and Neurosciences, P.O. BOX 2900 Bangalore 560 029, India.
5. Sale: Price not specified
6. Field covered:
 - I. Emotional Problems in Primary Health Care
 - II. Origin of Emotional Problems
 - III. The Helping Process
 - Appendices
 1. Some Questions about Psychotherapy
 2. Illustrative Case Histories
 3. Glossary
 4. References
7. Intended for: medical officers
8. Description of common mental health problems as case studies: Yes
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: self learning manual
12. Evaluation method: No evaluation methods given
13. The length is: 60 printed pages
14. This clearly written manual is intended to provide understanding of the origins of emotional problems, and the application of principles of psychotherapy to mitigate patients' emotional distress.

MANUAL ON THE USE OF PSYCHOTROPIC DRUGS

1. Language: Portuguese
2. Authors: Angela Lobato, Francisco Tancredi, Jose R. Bueno, Josicelli Freitas, Leopoldo H. Freitas
3. Date and place of publication: 1983, Brasilia, Brasil
4. Publisher: National Division of Mental Health, Ministry of Health, Esplanada dos Ministerios - Bl. "G" 70.058 - Brasilia - DF
5. Sale: price not specified
6. Field covered:
 1. Introduction to psychopharmacotherapy
 2. Introduction to clinical psychopharmacology
 3. Neuroses
 4. Psychoses
 5. Dealing with alcoholics
 6. Depression
 7. Maniacs
 8. Epilepsies
 9. Dementia
 10. Psychiatric emergencies
7. Intended for: physicians
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: Yes
10. Learning objectives: not stated
11. Methods of use: self learning manual
12. Evaluation method: No evaluation methods given
13. The length is: 108 printed pages
14. This manual offers a guide for diagnosis and treatment of several mental disorders and psychiatric emergencies. It is a clearly written and useful manual for both study and consultation.

MENTAL HEALTH MANUAL

1. Language: Spanish
2. Author: B. Saraceno, F. Asioli, G. Tognoni
3. Date and place of publication: June 1986, Nicaragua
5. Publisher: Ministry of Health, Nicaragua, with support from WHO/PAHO and from the instituto "Mario Negri", Italy
5. Sale: price not specified
6. Field covered:
 - Introduction
 - Diagnosis
 - Indicators
 - Intervention strategies
 - Psychopharmacology
 - Emergency care
 - Alcoholism
 - Epilepsy
 - Epidemiology
7. Intended for: Mental health workers (psychiatrists, other physicians, psychologists, social workers, nurses, occupational therapists)
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: not included, but must be a self-learning manual
12. Evaluation methods: not included
13. The length is: 93 printed pages
14. This manual places strong emphasis on the rational use of psychotropic drugs in the treatment of mental illness, with over one third of the booklet being devoted to the chapter on psychopharmacology (includes MAOI's, Lithium). The chapter on interventions however has a strong emphasis on how to develop services integrated into general health care.

MENTAL HEALTH: A WORKBOOK FOR SCHOOL HEALTH AND VILLAGE HEALTH WORKERS

1. Language: Farsi (Persian)
2. Authors: Dr Jaffer Bualhoury and Ms Mahrukh Ansari
3. Date and place of publication: 1991. Teheran, Iran
4. Publisher: Director General of Nutrition and School Health, Ministry of Education, Iran
5. Sale: Price 500 Rials
6. Field covered:
 1. Introduction to mental health problems
 2. Concept of mental health. Types of mental health services
 3. Inclusion of mental health as an integral part of general health services
 4. Promotion of mental health and prevention of mental illness in the community
 5. Epilepsy, Neurotic Disorders, Psychoses, Mental Retardation, Behavioural Disorders of Children
 6. Some first aid treatments
 7. Some important mental health messages
 8. Methods of follow up of patients
7. Intended for: School health workers and village health workers
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: well stated
11. Methods of use: Self-learning manual
12. Evaluation method: No evaluation methods given
13. The length is:
14. The first manual of its kind in Farsi for school and village health workers. Reported by trainers to be very useful and popular. One special appendix for primary care workers.

MENTAL HEALTH MANUAL FOR CLINIC NURSES IN LESOTHO

1. Language: English
2. Author: V.B. Wankiiri
3. Date and place of publication: not stated
4. Publisher: No publisher stated, but it has been produced with the technical and financial assistance of WHO
5. Sale: apparently not for sale
6. Field covered:
 - Unit 1: Introduction
 - Unit 2: Promotion of mental health and prevention of mental illness in Lesotho
 - Unit 3: Identification and management of acutely disturbed patients
 - Unit 4: Identification and management of patients with chronic psychiatric illness
 - Unit 5: Identification and management of a depressed patient
 - Unit 6: Identification and management of an epileptic patient
 - Unit 7: Identification and management of persons who are dependent on alcohol
 - Unit 8: Physical disorders of emotional origin
 - Unit 9: The use of flow charts for identification and management of patients with mental health problems
 - Unit 10: Definitions of psychiatric terms
7. Intended for: Clinic nurses
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: not stated but could be used as self-learning manual
12. No evaluation methods included
13. The length is: 68 A4 typed pages, double space. Offset publication
14. It is a useful model for promotion of mental health and prevention of mental illness in Lesotho. It gives general information for identification and management of acutely disturbed patients, patients with chronic psychiatric illnesses, depressed patients, epileptic patients, persons who are dependent on alcohol and patients with physical disorders of emotional origin.

MENTAL HEALTH MODULE STUDENT TEXT

1. Language: English
2. Authors: not stated
3. Date and place of publication: 1980, Maseru, Lesotho
4. Publisher: Ministry of Health and social Welfare, Maseru, Lesotho.
5. Sale: Price not specified
6. Field covered:
 1. Introduction
 2. Causes of mental health problems
 3. Depression
 4. Anxiety reaction
 5. Hysterical reactions
 6. Psychosomatic diseases
 7. Acute confusional reaction
 8. Schizophrenia
 9. Hypomania
 10. Alcohol dependance and related disorders
 11. Drug abuse and related disorders
 12. Diagnostic and management protocols
7. Intended for: nurse assistants (nurse auxiliary)
8. Description of common mental health problems as case studies: Yes
9. Learner requested to make sequential decisions to tackle problems: Yes
10. Learning objectives: stated
11. Methods of use: self-learning manual and for use in courses with instructors
12. Evaluation method: included
13. The length is: 67 printed pages
14. This text requires the students' active participation and helps them to deal with the mentally ill and to correct their misconceptions. It also helps them to understand alcoholism and drug abuse as diseases, thus allowing people and families who suffer with them to be helped. One shortcoming is the rather old terminology, no longer used elsewhere.

MENTAL RETARDATION: A MANUAL FOR GUIDANCE COUNSELLORS

1. Language: English
2. Authors: T. Madhavan, Manjula Kalyan, Jayanthi Narayan, Reeta Peshawaria
3. Date and place of publication: 1988, Secunderabab, India.
4. Publisher: National Institute for the Mentally Handicapped, Manovikas Nagar, Bowenpally post, Secunderabab-500 011
5. Sale: not stated
6. Field covered:
 1. Definition and classification
 2. Causes and prevention
 3. Identification and referral
 4. Management
 5. Vocational training and job placement
7. Intended for: vocational guidance counsellors in rural areas
8. Description of common mental health problems as case studies: Yes
9. Learner requested to make sequential decisions to tackle problems: Yes
10. Learning objectives: clearly stated
11. Methods of use: self-learning manual
12. Evaluation method: included
13. The length is: 72 printed pages
14. Readers of this clearly written manual will learn how to identify persons with mental retardation and refer them appropriately. They will learn how to advise parents and help them in the management of their mentally retarded child. It counsels on prevention and also includes a list of jobs for the mentally handicapped according to their abilities. This is one of a series of four, the others are: MENTAL RETARDATION, A Manual for Multi Rehabilitation Workers; MENTAL RETARDATION, A Manual for Psychologists; MENTAL RETARDATION, A Manual for Village Rehabilitation Workers.

MENTAL RETARDATION: A MANUAL FOR MULTI REHABILITATION WORKERS

1. Language: English
2. Authors: T. Madhavan, Manjula Kalyan
3. Date and place of publication: 1988, Secunderabab, India
4. Publisher: National Institute for the Mentally Handicapped, Manovikas Nagar, Bowenpally post, Secunderabab-500 011
5. Sale: not stated
6. Field covered:
 1. Nature of mental retardation
 2. Identification and referral
 3. Management
 4. Guidance for parents
7. Intended for: multi rehabilitation workers
8. Description of common mental health problems as case studies: Yes
9. Learner requested to make sequential decisions to tackle problems: Yes
10. Learning objectives: clearly stated
11. Methods of use: self-learning manual
12. Evaluation method: included
13. The length is: 55 printed pages
14. This manual is meant for lower level workers in rural areas; basic information about mental retardation is given in plain English with illustrations. It contains information on how to manage this condition and its prevention. This is one of a series of four, the others are: MENTAL RETARDATION, A Manual for Psychologists; MENTAL RETARDATION, A Manual for Guidance Counsellors and MENTAL RETARDATION, A Manual for Village Rehabilitation Workers.

MENTAL RETARDATION: A MANUAL FOR PSYCHOLOGISTS

1. Language: English
2. Authors: T. Madhavan, Shakila Naidu, Manjula Kalyan, Jayanthi Narayan, Reeta Peshawaria
3. Date and place of publication: 1989, Secunderabab, India
4. Publisher: National Institute for the Mentally Handicapped, Manovikas Nagar, Bowenpally post, Secunderabab-500 011
5. Sale: not stated
6. Field covered:
 1. Definition and classification
 2. Causes and prevention
 3. Identification and referral
 4. Psychological assessment
 5. Management - skill training
 6. Management - behaviour modification
 7. Parent counsellingAnswer key; appendix
7. Intended for: psychologists, medical officers, district rehabilitation officers, vocational guidance counsellors, special teachers, physiotherapists, occupational therapists.
8. Description of common mental health problems as case studies: Yes
9. Learner requested to make sequential decisions to tackle problems: Yes
10. Learning objectives: clearly stated
11. Methods of use: self-learning manual
12. Evaluation method: included
13. The length is: 169 printed pages
14. In this manual professionals can find different tools to evaluate, to give advice, and to orient parents and teachers to deal with children with mental retardation. This is one of a series of four manuals, the others are: MENTAL RETARDATION, A Manual for Multi Rehabilitation Workers; MENTAL RETARDATION, A Manual for Guidance Counsellors and MENTAL RETARDATION, A Manual for Village Rehabilitation Workers.

MENTAL RETARDATION: A MANUAL FOR VILLAGE REHABILITATION WORKERS

1. Language: English
2. Authors: T. Madhavan, D.K. Menon, Manjula Kalyan, Jayanthi Narayan, T.A. Subba Rao.
3. Date and place of publication: 1988, Secunderabab, India.
4. Publisher: National Institute for the Mentally Handicapped, Manovikas Nagar, Bowenpally post, Secunderabab-500 011
5. Sale: not stated
6. Field covered:
 1. What is mental retardation?
 2. Causes and prevention
 3. How to identify it
 4. How to manage the mentally handicapped person
7. Intended for: village workers, community health volunteers, "anganwadi" workers, parents, public health workers and primary school teachers
8. Description of common mental health problems as case studies: Yes
9. Learner requested to make sequential decisions to tackle problems: Yes
10. Learning objectives: clearly stated
11. Methods of use: self learning manual
12. Evaluation method: included
13. The length is: 33 printed pages
14. This is a clear and simple manual. Readers are taught how to identify persons with mental retardation and to refer them appropriately. There is information on how to advise parents and help them in the management of their mentally retarded child. It also gives some prevention indications and provides a guide of normal development. This is one of a series of four, the others are: MENTAL RETARDATION, A Manual for Psychologists; MENTAL RETARDATION, A Manual for Guidance Counsellors and MENTAL RETARDATION, A Manual for Village Rehabilitation Workers.

NEUROPSYCHIATRY IN PRIMARY HEALTH CARE
A FIELD GUIDE

1. Language: English
2. Author: Dr W.G. Jilek
3. Date and place of publication: 1988, Bangkok, Thailand
4. Publisher: Produced while Dr Jilek was working as UNHCR Refugee Mental Health Coordinator in Thailand
5. Sale: not for sale
6. Field covered:
 - Section A: Psychiatric Disorders
 - Basic Classification for Case Management
 - Decision
 - Psychiatric Assessment
 - I. History Taking
 - II. Mental Status Examination
 - III. Clinical Observation
 - Symptoms of Psychiatric Disorder
 - Posttraumatic Stress Disorder
 - Chemotherapy of Psychiatric Patients
 - Logotherapy Counselling
 - Section B: Epilepsy
 - Types of Epileptic Seizures
 - Symptoms of Epileptic Seizures
 - Possible Causes of Epileptic Seizures
 - Treatment of Epileptic Seizures
 - Basic Anti-Epileptic Medication
 - Section C: Alcohol Abuse
 - Biochemistry of Alcohol
 - Alcohol Effects on Body Organs
 - Alcohol Effects on the Unborn Child
 - Alcohol Effects on the Central Nervous System
 - Principles of Counselling on Alcohol Problems
7. Intended for: Unclear but is probably Western-trained health and social service professionals working in UNHCR or UNBRO-assisted camps for Indochinese refugees
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: As an adjunct to formal instruction
12. Evaluation method: no evaluation methods included
13. The length is: 32 printed A4 pages
14. This manual provides a set of very condensed "lecture notes" concerning the areas set out in paragraph 6 above. This is not a manual, nor indeed does it claim to be one. Its title is a field guide, and it would have to be used in conjunction with more practical teaching.

ORGANIZATION OF A SPECIAL CLASS IN A REGULAR SCHOOL

1. Language: English
2. Authors: Jayanthi Narayan, D.K. Menon, Mr K. Nageswar Rao
3. Date and place of publication: 1989, Secunderabab, India
4. Publisher: National Institute for the Mentally Handicapped, Manovikas Nagar, Bowenpally post, Secunderabab-500 011
5. Sale: not stated
6. Field covered:
 1. Advantages of integrated education
 2. National policy on education
 3. Organization of special class
 4. Government aid for special class in regular school
 5. Budgetary requirements for one special class
 6. Orientation of principal and regular class teachers
 7. Infrastructure
 8. Staff
 9. Working hours
 10. Parents meetingAppendices
7. Intended for: teachers
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: stated
11. Methods of use: self-learning manual
12. Evaluation method: not included
13. The length is: 38 printed pages
14. This booklet attempts to provide clear information and an indication of the steps needed for setting up a special class in a regular school. The main advantages of integration are: to create awareness and acceptance of mentally retarded children among the normal children, to develop their social competence, and to educate a higher number of those children.

THE PHYSICIAN IN THE PRESENCE OF THE MINOR PSYCHIATRIC DISORDERS

1. Language: Spanish
2. Author: Ricardo Gonzalez Menendez
3. Date and place of publication: 1980, Santiago de Cuba
4. Publisher: Editorial Oriente, Jose Antonio Saco 356, Santiago de Cuba
5. Sale: price not stated
6. Field covered:
 - Introduction
 - The physician-patient relationship
 - Personality Normality criteria
 - Situation reactions
 - Neurosis
 - Psychophysiological disorders
 - The most frequent sexual disorders in consultation
 - Psychopathology of the elderly
 - Mental retardation
 - Symptomatic manifestations in psychiatry
 - Psychotic symptomatology in medical emergencies
 - Psychotropic drugs
 - Psychotherapy in general practice
7. Intended for: General practitioners, different medical specialists, medical students and health workers
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: To increase knowledge in order to be able to treat those patients suffering from minor psychiatric disorders
11. Methods of use: not stated, but it may be used as a reference source for training purposes
12. Evaluation method: not included
13. The length is: 128 printed pages
14. A manual for the general practitioner, other medical specialists and students to help them understand the necessity and importance of acquiring a basic knowledge for the provision of the appropriate treatment to those patients suffering from minor psychiatric disorders. It also provides some material for the psychological and pharmacological management of those common psychiatric disorders found in medical practice. It emphasizes the necessity of improving the physician-patient relationship.

PRACTICAL PSYCHIATRY FOR THE HEALTH PROFESSIONAL

1. Language: English
2. Author: Carlos E. Climent and Barbara J. Burns
3. Date and place of publication: 1984, New York (ISBN 0-89335-198-9)
4. Publisher: SP Medical and Scientific Books, Spectrum Publications, Inc., 175-20 Wexford Terrace, Jamaica, NY 11432, USA
5. Sale: price not stated
6. Field covered:
 1. Approaches to Interviewing and Evaluation
 2. Clinical Problems in Adults
 3. Clinical Problems in Children
7. Intended for: General health professionals/"front line" workers
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not specifically stated
11. Methods of use: Self-learning, with practical advice on what health workers should do and giving many flowcharts/algorithms
12. Evaluation method: not included
13. The length is: 220 printed pages
14. This is a very easy to read and practically oriented book based on training which was carried out in Cali, Colombia.

PRACTICAL PSYCHIATRY FOR HEALTH WORKERS AND NURSES

1. Language: English
2. Author: J.M. Cushnie and D.I. Ben Tovim
3. Date and place of publication: 1987, London, UK (ISBN 0 582-77708-9)
4. Publisher: Churchill Livingston (Tropical Health Series), Longman Group UK Ltd, Longman House, Burnt Mill, Hoslow, Essex CM20 2JE, UK
5. Sale: 4.95 pounds sterling
6. Field covered:
 - Psychiatry and primary health care
 - The cycle of normal development
 - Talking to patients
 - Taking a psychiatric history
 - Important signs and symptoms, diagnoses and classification
 - Organic mental disorders
 - Epilepsy
 - Schizophrenia
 - Affective disorders: disorders of mood
 - Brief reactive psychoses
 - Alcohol and drug abuse
 - Neurotic disorders
 - Personality disorders
 - Psychiatric disorders in childhood and adolescence
 - Mental subnormality
 - Puerperal disorders
 - Psychiatric emergencies
 - Psychiatric first aid and compulsory treatment
 - Forensic psychiatry
 - Treatment
 - Glossary
 - Index
7. Intended for: General health workers including nurses
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Method of use: Self-learning manual
12. Evaluation method: not included
13. The length is: 160 printed pages
14. This practical manual was developed from training programmes carried out in Botswana.

PRIMARY CARE IN MENTAL HEALTH: MANUAL FOR CLINICAL TRAINING AND PRACTICE

1. Language: English
2. Author: Hauli, J.G., Coche, B.A., Neki, J.S., Tomov, T.
3. Date and place of publication: Undated (About 1982), Dar es Salaam
4. Publisher: Draft only available in mimeograph. Mental Health Resource Centre, Muhimbili Medical Centre, Dar es Salaam
5. Sale: Not available commercially
6. Field covered:
 - Psychiatric history taking, Case Management
 - Community education
 - Dealing with Target conditions
 - 1. Acute psychosis
 - 2. Chronic psychosis
 - 3. Common emotional disorders
 - 4. Major epilepsy
 - 5. Mental retardation
7. Intended for: General health workers at health centre and post level (e.g. nurses and medical assistants)
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: Yes
10. Learning objectives: not specifically stated
11. Method of use: Could be used in self-learning or as an aid to teaching by mental health professionals. Contains vignettes and flowcharts and is practically oriented
12. Evaluation method: not included
13. The length is: 110 pages, typed A4
14. A manual produced for the Tanzanian mental health programmes which set itself a limited number of target conditions with which to deal.

PRINCIPLES OF PSYCHOLOGY AND PSYCHIATRY FOR MEDICAL ASSISTANTS

1. Language: Arabic
2. Authors: Dr Abdullah Al Kithiri, psychiatrist, and Mohamed E. Baharoun, psychologist
3. Date and place of publication: 1988, Aden
4. Publisher: Ministry of Public Health, Division of Primary Health Care, Department of Mental Health, Democratic Republic of Yemen, Aden
5. Sale: No price mentioned
6. Field covered:
Part I: Principles of psychology: learning, remembering, thinking, feeling, motives, consciousness, intelligence, behaviour, adaptation, psychological defenses
Part II: Psychiatry, classification, functional mental disorders, organic mental disorders, mental retardation, epilepsy, psychological disorders in children, behavioural disorders in adolescence, personality disorders, psychiatric emergencies, mental hygiene
Appendices:
 1. List of essential drugs
 2. Proformas for clinical history, follow up and referrals
7. Intended for: Medical Assistants, Nurses, Primary Care Workers
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: Not clearly stated
11. Methods of use: As an aid to lectures
12. Evaluation method: No evaluation methods given
13. The length is: 100 pages plus appendices
14. A manual which has been quite useful for local training in South Yemen. One of the few manuals available for use in the Arabic language.

PROGRAMME FOR IDENTIFICATION AND MANAGEMENT OF MENTAL HEALTH PROBLEMS

1. Language: English. A Spanish translation has been printed and a Portuguese translation is available
2. Author: B. Essex, H. Gosling
3. Date and place of publication: English version: 1982, England; Spanish and Portuguese versions: no date stated
4. Publisher: English version: Longman Group Ltd, Longman House, Burnt Mill, Harlow, Essex CM20 2JE, England; Spanish version: printed by Ciba-Geigy SA, Basel on behalf of WHO; Portuguese version: available at the Division of Mental Health, WHO
5. Sale: English version: 3.95; Spanish and Portuguese versions: no price stated
6. Field covered:
 - Introduction to programme
 - Introduction to mental illness
 - Presenting problems
 - Management flow charts
 - Practical case management
 - Use of charts in the clinic
 - Evaluation
 - Answers
 - Extra recording sheets
7. Intended for: Health personnel in outpatient clinics in developing countries
8. Description of common mental health problems as case studies: Yes
9. Learner requested to make sequential decisions to tackle problems: Yes
10. Learning objectives: included
11. Methods of use: Self-learning manual, also particularly useful to training programmes
12. Evaluation method is included in chapter 7
13. The length is: 70 printed pages
14. To provide a method of identification and management of mental health problems which can be used in many countries; to be used by health workers in outpatient clinics; start with the presented problem; identify whether the presented problem is caused by a physical or a mental illness; indicate the most appropriate management available; identify what to do when transport or drugs are not available; indicate which patients need follow-up management; enable students to record easily their observations and appropriate management; allow management to be adapted easily to local resources and constraints; provide exercises which allows each student to practice the correct way to use this new method. A series of half-hour lectures by Allen German on this programme exists in video format.

PSYCHIATRIC THERAPEUTIC RESOURCES FOR THE GENERAL PRACTITIONER

1. Language: Spanish
2. Author: Ricardo Gonzalez Menendez
3. Date and place of publication: 1984, La Habana, Cuba
4. Publisher: Ministry of Public Health, Psychiatric Hospital, La Habana, Cuba
5. Sale: Price not stated
6. Field covered:
 - Psychotherapy
 - Concept
 - Classification
 - Therapeutic Methods:
 - Methods based upon the exploration of the unconscious: Psychoanalysis
 - Methods based upon the effect of the word: Rational Psychotherapy
 - Methods based upon the results of psychological experimentation: Behavioural psychotherapy
 - Methods based upon the Existential orientation
 - Biological Resources in Psychiatric Therapy:
 - Insulin Therapy
 - Electroconvulsive Therapy
 - Psychopharmacological Therapy
7. Intended for: Primarily for General Practitioners, but could be used by Medical Students, Occupational Therapists, Nurses, Social Workers
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: To encourage the development of knowledge, abilities and attitudes for General Practitioners to deal with the most frequent disorders found in the first level of health care
11. Methods of use: It may be used as resource material for in-service training courses
12. Evaluation method: not included
13. The length is: 94 printed pages
14. This manual is intended to provide a review of the various therapeutic resources for the use of General Practitioners in rural and urban areas.

PSYCHIATRY

1. Language: English
2. Author: First draft by Dr F. Chikara with revisions by a multidisciplinary team
3. Date and place of publication: 1987, Zimbabwe
4. Publisher: Zimbabwe Essential Drugs Action Programme (ZEDAP), P.O. Box 8168, Causeway, Harare, Zimbabwe
5. Sale: Not specified at this stage
6. Field covered:
 - Introduction
 - History taking
 - Mental state examination
 - General guidelines for management of mental illness
 - Common mental illnesses
 - Schizophrenia
 - Depression and mania (mood disorders)
 - Puerperal psychosis
 - Psychiatric emergencies
 - Acute confusion (acute psychosis)
 - The violent patient
 - Schizophrenic emergency
 - Attempted suicide
 - Rehabilitation of the psychiatric patient at home
 - A note on epilepsy
 - Available facilities
 - Hospitals
 - Personnel
7. Intended for: The module aims to provide the minimum necessary knowledge for a nurse at a primary care unit. The material may also be used for the training of other health workers.
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: No
11. Methods of use: The material is intended to be used in teaching and upgrading sessions as well as a reference manual
12. Evaluation method: No evaluation methods included
13. The length is: 20 A4 pages. Offset publication
14. This is one of a whole series of modules produced by the Zimbabwe Essential Drugs Action Programme on a variety of clinical and management topics. Their aim is to ensure the correct and rational use of the drugs supplied through ZEDAP. Although not including many features considered important in learning materials (specifying objectives etc.), it does present its content very clearly. It is understood that this is draft material which will be field tested and revised if necessary.

PSYCHIATRY IN PRIMARY HEALTH CARE

1. Language: English
2. Author: Shridhar Sharma
3. Date and place of publication: 1986, Ranchi, Bihar, India
4. Publisher: Central Institute of Psychiatry, Directorate General of Health Services, New Delhi, India
5. Sale: not for sale
6. Field covered:
 - Psychiatry in primary health care
 - Concept of illness
 - Interview techniques
 - History taking and mental status examination
 - Classification of mental disorders
 - Neuroses
 - Psychosocial problems
 - Psychosocial aspects of fertility control
 - Depression
 - Personality disorders, alcohol and drug dependence
 - Psychosexual disorders
 - Psychosomatic disorders
 - Headache
 - Sleep disorders
 - Acute psychotic illnesses
 - Chronic psychotic illnesses
 - Acute organic psychosis
 - Chronic organic psychosis
 - Psychiatric problems among children
 - Epilepsy
 - Psychopharmacology
 - Psychiatric emergencies
 - Psychiatric rehabilitation
 - Psychiatric aspects of death and dying
 - Organizing mental health services in India
 - Appendix
7. Intended for: Trainers in mental health and undergraduate medical students and general physicians
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: not stated but could be used as self-learning manual
12. No evaluation methods included
13. The length is: 150 printed pages
14. This manual is a part of the material used in a mental health training programme carried out in Ranchi, India. It offers useful information in psychiatry which would be helpful in providing necessary knowledge and skills to health workers. It is presented in the form of a mini-textbook.

PSYCHOPHARMACOLOGY OF CHILDREN AND ADOLESCENTS: A PRIMER FOR CLINICIANS

1. Language: English
2. Authors: Joseph Biederman, M.D.; Ronald Steingard, M.D.
3. Date and place of publication: 1990, Washington, D.C., U.S.A.
4. Publisher: Pan American Health Organization, 525 Twenty-Third Street, N.W. Washington, D.C. 20037, U.S.A.
5. Sale: Price not specified
6. Field covered:
 1. General considerations
 2. Management
 3. Psychotropic commonly used in pediatric psychiatry
 4. Diagnostic categories and clinical consideration
 5. Case vignettes
 6. Conclusion
7. Intended for: psychiatrists, pediatricians, family doctors and neurologists
8. Description of common mental health problems as case studies: Yes
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: self learning manual
12. Evaluation method: No evaluation methods given
13. The length is: 50 printed pages
14. This guide, one of the very few on this topic is an important tool for the physician; it offers a very clear list of the most common mental diseases of children and adolescence, their diagnosis and a good analysis of the psychotropic treatment used in young patients. There is mention of other types of treatment however without clear indication of their integration.

PSYCHOLOGY FOR GENERAL PRACTITIONERS

1. Language: Spanish
2. Author: Ricardo Gonzalez Menendez
3. Date and place of publication: 1984, La Habana, Cuba
4. Publisher: Editorial Cientifico-tecnica, Calle 2, No. 58, entre 5a y 3a, La Habana, Cuba
5. Sale: price not stated, apparently not for sale
6. Field covered:
Importance of the environment in the concept of health and illness
Conscience, personality and environment
The biopsychosocial unity
Some psychological aspects of health dissemination
The physician-patient relationship
Some details in the physician-patient relationship
The physician in the presence of those seriously ill and their supportive company
The physician-patient relationship in the expert consultation
The physician-patient relationship from the patient's point of view
The patient-institution relationship/The medical interview
The comprehensive clinical history
The hierarchy of the different organs according to people's evaluation
Psychosocial aspects of cardiovascular diseases
Psychosocial aspects of arterial hypertension
Hypertension in the patient's perception
The hypertensive patient and his reaction to collective psychotherapeutic resources
Psychosocial aspects of: respiratory diseases, bronchial asthma, pulmonary tuberculosis, digestive diseases, peptic ulcer, ulcerative colitis, vascular diseases of the nervous system, psychiatric diseases, diseases liable to surgical treatment, endocrine diseases
Some notions about sexual disorders for the general practitioner
Iatrogeny
7. Intended for: Physicians, medical and psychology students, health workers and public health personnel
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: To help those dealing with psychological problems to improve the care of the patients concerned
11. Methods of use: As a reference source for the health workers
12. Evaluation methods: not included
13. The length is: 186 printed pages
14. This manual is intended for the transmission, in a practical way, of some useful aspects of the practice of medicine at both the medical and paramedical levels. It is also aimed at developing the general practitioner's ability to evaluate those psychological factors intervening in the phenomenon health-illness.

RECOGNITION AND MANAGEMENT OF CHILDREN WITH FUNCTIONAL COMPLAINTS
Psychosocial Problems, Ill-defined Somatic Complaints
A training package for the Primary Care Physician

1. Language: English
2. Author: Dr A.D. Nikapota
3. Date and place of publication: December 1987, WHO/SEARO, New Delhi, India
4. Publisher: WHO/SEARO
5. Sale: not for sale; available for free distribution
6. Field covered:
 - Introduction
 - Objectives
 - Guidelines to the Trainer
 - Time allocation for training
 - Evaluation of training
 - Training module
 - Notes on case vignette
7. Intended for: Primary care physicians
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: To enable PHC physicians to recognize children with functional complaints, and to manage this group of children effectively within PHC setting
11. Methods of use: Self-learning manual
12. Evaluation method: included in text
13. The length is: 27 printed pages
14. This manual is expected to enable primary care physicians to recognize the functional complaints of the majority of children presenting at primary care facilities, irrespective of whether they present with one or two distinct complaints or with multiple, vague complaints, and to manage this group of children as well as children with emotional and behavioural problems effectively, within the primary care setting, including referral, where appropriate.

RECOGNITION AND MANAGEMENT OF PATIENTS WITH FUNCTIONAL COMPLAINTS
Psychosocial Problems, Ill-defined Somatic Complaints
A training package for the Primary Care Physician

1. Language: English
2. Author: Sell, H.L.; Murthy, R.S.; Seshadri, S.; Komark; Srinivasan, K.
3. Date and place of publication: 1989, New Delhi, India
4. Publisher: WHO/Regional Office for South-East Asia Indraprastha Estate
Mahatma Gandhi Rd, New Delhi 110002, India
5. Sale: not specified
6. Field covered: Preface
Persons with functional complaints
Case vignettes
Interventions
Notes on case vignettes
7. Intended for: Primary health care physicians
8. Description of common mental health problems as case studies: Yes
9 case vignettes presented and commented upon
9. Learner requested to make sequential decisions to tackle problems: Yes
flowcharts included
10. Learning objectives: included: 1) to recognize the majority of patients presenting with functional complaints at primary care facilities, irrespective of whether they present with one or two distinct complaints or multiple vague complaints; and 2) to manage this group of patients appropriately with the primary care setting
11. Methods of use: Both a self-learning manual and an adjunct to formal instruction
12. Evaluation method: included. It proposes specificity and sensitivity measurements of case vignettes' ratings as indicators of performance
13. The length is: 19 pages, typed A4
14. A very practical, useful and concise manual on the management of this important group of patients frequently seen in health facilities. Also, it is in agreement with the most recent recommendation on how to produce a good manual for training health personnel, both in terms of form and of content.

SELF-LEARNING MANUAL ON:

- 1) Mental health
- 2) Mental retardation

1. Language: Thai
2. Author: not stated
3. Date and place of publication: not stated
4. Publisher: Korat Psychiatric Hospital, Bangkok, Thailand
5. Sale: Price not stated
6. Field covered: Introduction (How to use)
Pre-test
Case vignettes
Post-test
7. Intended for: Primary health care workers
8. Description of common mental health problems as case studies: Yes
9. Learner requested to make sequential decisions to tackle problems: Yes
10. Learning objectives: included
11. Methods of use: Self-learning manual(also an adjunct to formal instruction)
12. Evaluation Method: Pre- and post-tests included
13. The length is: 1. 36 printed pages
2. 42 printed pages
14. These are very didactic and useful manuals for the training of primary health care workers, particularly at village and community levels. They are intended to be used for the identification and management of common mental health problems (aggressive behaviour, depressive states, alcohol abuse, marital discord) and of mental retardation (with emphasis on prevention). Illustrations abound, making its reading a lively and stimulating exercise. Possibly, there are other booklets in this series.

SELF-LEARNING MANUAL ON ASSISTANCE TO:

- 1) Severely mentally disturbed (psychotic) persons
- 2) Mildly mentally disturbed (neurotic) persons
- 3) Persons with epilepsy
- 4) Substance abusers

1. Language: Thai
2. Author: not stated
3. Date and place of publication: not stated
4. Publisher: Korat Psychiatric Hospital, Bangkok, Thailand
5. Sale: Price not stated
6. Field covered:
Introduction (How to use)
Pre-test
Case vignettes
Post-test
7. Intended for: Village and community health workers, but also general public information
8. Description of common mental health problems as case studies: Yes
9. Learner requested to make sequential decisions to tackle problems: Yes
10. Learning objectives: included
11. Methods of use: Self-learning manual (also possibly used as an adjunct to formal instruction)
12. Evaluation method: Pre- and post-tests included
13. The length is:
 1. 16 printed pages
 2. 32 printed pages
 3. 24 printed pages
 4. 32 printed pages
14. This series is a very didactic and useful one aiming at giving everybody in the community some basic knowledge on how to assist persons with a wide range of mental and behavioural disorders. They are particularly useful for village and community workers.

TEACHING MANUAL IN MENTAL DISORDERS

1. Language: Bengali
2. Author: Division of Mental Health Institute of Post Graduate Medical Research (IPGMR), Dhaka, Bangladesh
3. Date and place of publication: August 1985, Dhaka, Bangladesh
4. Publisher: Division of Mental Health, IPGMR, Dhaka, Bangladesh
5. Sale: Price not stated
6. Field covered:
Preface
Instructions
Anxiety Neurosis
Hysteria
Psychosis
Depression
Epilepsy
Mental Retardation
7. Intended for: Community health workers (and other health workers) in villages
8. Description of common mental health problems as case studies: Yes
9. Learner requested to make sequential decisions to tackle problems: Yes (flow-charts included)
10. Learning objectives: included: to be able to diagnose and treat mental disorder seen in the context of daily work of village health workers; each category of mental disorder is described with clinical descriptions and treatment, and referral patterns are described; flow-chart for diagnosis and management of epilepsy is translated into English
11. Methods of use: Self-learning manual, also useful as adjunct to formal instruction
12. Evaluation Method: not included
13. The length is: 44 printed pages
14. This is a manual translated and adapted from Wig and Murty's "Manual on Mental Disorders for Primary Health Care Personnel" (see p. 31), hence dealing with recognition and simple management of conditions found at primary health care level.

TRAINING GUIDE FOR MENTAL HEALTH

1. Language: Urdu
2. Author: Professor M.H. Mubbashar
3. Date and place of publication: Rawalpindi, Pakistan
4. Publisher: Available from author: Professor M.H. Mubbashar, Department of Psychological Medicine, Rawalpindi Medical College, Rawalpindi
5. Sale: no charge
6. Field covered:
Introductory chapters: Role of mental health in general health
Causes of mental illness
Psychosis
Epilepsy
Mental Retardation
Drug Abuse
Responsibilities of multipurpose workers
Health education material
7. Intended for: Multi-purpose workers
8. Description of common mental health problems as case studies: Yes
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: Self-learning manual
12. Evaluation methods: Flowcharts and case history vignettes have been used for illustration
13. The length is: 83 pages
14. This manual has been widely used for training of PHC workers in WHO community mental health programme in Pakistan. The language is simple and the emphasis is on learning skills.

TRAINING MANUAL FOR HELPING CHILDREN IN SITUATIONS OF ARMED CONFLICT

1. Language: English
2. Authors: Work done by Dr Anula Nikapota and Dr Diyanath Samarsinghe for UNICEF
3. Date and place of publication: 1990, Colombo, Sri Lanka
4. Publisher: UNICEF Office, 5 Queens Avenue, Colombo 3, Sri Lanka
5. Sale: Not stated
6. Field covered:
 - Introduction to trainer
 - Session I. Health and behaviour
 - Needs for healthy growth and development
 - Coping skills
 - Session II. Helping children in conflict situations
 - Dealing with stress
 - Session III. Generating community responses
 - Detection of children and families needing additional help
 - Setting of homework
 - Session IV. (a) Review of previous session and of the homework done by trainers
 - Discussion of difficulties encountered
 - Reasons for failures
 - (b) Supervision and suggestions for further work
7. Intended for: Trainers working with field workers such as volunteers, health workers, teachers and others working directly with children exposed to situations of armed conflict. The trainers should have tertiary education and experience in community work with children (e.g. may be medical practitioner, school principal, resource person in voluntary organization or social service officer).
8. Description of common mental health problems as case studies: Yes. Many case studies from Sri Lanka are presented.
9. Learner requested to make sequential decisions to tackle problems: Yes. Flowchart provided on Page 37.
10. Learning objectives: Yes. Listed in the preface and introduction.
11. Methods of use: This is a resource manual for trainers of field workers, who might spend four sessions (one per week) on didactic work and then continue supervising the field workers at monthly intervals, along the lines suggested. The manual will help the trainer plan the sessions and provides content.
12. Evaluation method: Not included
13. The length is: 52 printed pages
14. This manual, although prepared for Sri Lanka and containing case illustrative material from there, has general applications and could be used as a resource for trainers in other countries where there is armed conflict.

TRAINING MANUAL ON PRIMARY MENTAL HEALTH CARE

1. Language: Portuguese
2. Authors: Bruno Rossomano de Mendoça Lima
3. Date and place of publication: 1981, Porto Alegre, Brazil
4. Publisher:
5. Sale: price not specified
6. Field covered:
 1. Acute-psychoses
 2. Chronic-psychoses
 3. Depression
 4. Alcoholism
 5. Chronic complainers
 6. Epilepsy
 7. Mental retardation
7. Intended for: primary health care workers
8. Description of common mental health problems as case studies: Yes
9. Learner requested to make sequential decisions to tackle problems: Yes
10. Learning objectives: not stated
11. Methods of use: self-learning manual
12. Evaluation method: No evaluation methods given
13. The length is: 80 printed pages
14. A well written manual, easy to read, offers very clear flowcharts for the diagnosis and treatment of different mental disorders. This manual is very useful for handling problems in the community yet giving a practical guide on how to refer patients to more complex levels. It was produced as part of a WHO-sponsored research project.

UNDERSTANDING EPILEPSY: A MANUAL FOR CLINICAL OFFICERS

1. Language: English
2. Author: John M.C. Mudenda
3. Date and place of publication: 1987
4. Publisher: not stated
5. Sale: unknown
6. Field covered:
Preface
Acknowledgements
Dedication
Introduction
Pre-test Rating Scale
Introduction to Epilepsy
Anatomy and physiology of the brain
Types and classification of epilepsy
Causes of epilepsy
Clinical features of epilepsy
Diagnosis and management of epilepsy
Summative evaluation
Bibliography and references
7. Intended for: Primary mental health care workers (clinical officers, nurses, social workers and teachers)
8. Description of common mental health problems as case studies: No
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: included, in fact this manual is a sequential self-learning manual with specific learning objectives for each unit
11. Methods of use: A self-learning manual
12. Evaluation method: included: it has one evaluation section at the end of each unit and a summative evaluation at the end of all units
13. The length is: 60 pages, typed A4
14. Prepared for Psychiatric Clinical Officers, this manual might be useful for other health workers as well. One of its limitations is a very sketchy unit on treatment and management of epilepsy, as compared to the other units. Contains some excerpts from other books.

USING CHLORPROMAZINE IN THE TREATMENT OF PSYCHOTIC MENTAL DISORDERS
A Manual for Primary Health Care Workers

1. Language: English/Setswana/Shona/Oshiwambo/Afrikaans
2. Author: WHO
3. Date and place of publication: 1990, Geneva, Switzerland
4. Publisher: .WHO Geneva, Switzerland
.Botswana National Health Institute
P.O Box 126, Lobatse, Botswana
.Ministry of Health
P.O Box 8204, Causeway, Zimbabwe
.Ministry of Health and Social Services, Republic of Namibia
Private Bag 13196 Windhoek, Namibia
5. Sale: not stated
6. Field covered: Introduction
 - Unit I: Chlorpromazine
 - Unit II: Condition treatable with chlorpromazine
 - Unit III: Managing a patient in an acute psychotic condition
 - Unit IV: Managing chronic psychotic condition
7. Intended for: Primary health care workers
8. Description of common mental health problems as case studies: Yes
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not included
11. Methods of use: A self-learning manual
12. Evaluation method: not included
13. The length is: the English version has 9 pages
14. This manual provides primary health workers with information on how to identify persons that can benefit from treatment with chlorpromazine and to manage a patient in an acute or chronic psychotic state. It presents guidelines on the management of side effects and on basic steps to be taken in case the patient needs to be referred to a more complex level of care. This manual was produced during a WHO workshop as template that could be used by different countries to produce local adaptation.

AUDIOVISUAL MATERIAL

THE DEPRESSED PATIENT IN FAMILY PRACTICE

1. Language: English
2. Authors: Professor Dr Jorge A. Costa e Silva
3. Date and place of publication: 1992, Rua Getúlio das Neves, 22 CEP
22461 Rio de Janeiro, Brazil
4. Publisher: World Psychiatric Association
5. Sale: Price not specified
6. Field covered:
 1. Recognition of Depression (23 slides)
 2. Differential Diagnosis of Depression (13 slides)
 3. Treatment of Depressed Patient (33 slides)
 4. Program Evaluation
7. Intended for: Physician
8. Description of common mental health problems as case studies: Yes
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: clearly stated
11. Methods of use: lectures, video case vignette, small group discussions and general discussions with a coordinator
12. Evaluation method: evaluation methods given
13. Width: VHS, 69 slides, 15 minutes videocassette
14. System: PAL
15. This material aims at helping General Practitioners and family physicians to recognize, make differential diagnosis and treat depressed persons. Its use is easy and information contained therein is clear.

DEPRESSION IN GENERAL MEDICAL SETTING
METHODS OF DETECTION, ASSESSMENT AND TREATMENT

1. Language: English/French
2. Authors: Dr Graeme McGrath and Professor David Goldberg/Dr Th. Hovaguirimian, Dr J. Dubuis, Dr R. Eisele, Dr P.A. Naville and Dr. A.F. Allaz
3. Date and place of edition: 1988, Manchester; 1986, Geneva
4. Publisher: Department of Psychiatry, University of Manchester/Department of Medicine and Psychiatry, University of Geneva
5. Sale: Price not stated
6. Field covered: Part I: detecting and evaluation
Part II: treatment
7. Intended for: general physicians and family doctors
8. Description of common mental health problems as case studies: Yes
9. Learner requested to make sequential decisions to tackle problems: Yes
10. Learning objectives: clearly stated
11. Methods of use: to be used in a training sessions and self-learning material
12. Evaluation method: not included
13. Format: VHS Part I: 26 minutes; Part II: 20 minutes English version. VHS Part I: 30 minutes; Part II: 26 minutes French version. A guide for teachers in both languages.
14. System: PAL/PAL SECAM
15. This is teaching material very useful to the non-psychiatrist physician facing patients with depression in his/her practice. It teaches them how to manage those patients and when referral is needed. This material was produced in collaboration with The World Health Organization.

A FILM ON EPILEPSY

1. Language: English
2. Authors: Dr K.S. Mani
3. Date and place of edition: December 1991, Hyderabad, India
4. Publisher: "Natco" House, Road No. 2, Banjara Hills, Hyderabad 500 034, A.P., India
5. Sale: US\$ 20 (US dollars twenty)
6. Field covered:
7. Intended for: Primary care physicians, nurses and community health workers
8. Description of common mental health problems as case studies: Yes
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: clearly stated
11. Methods of use: is a good material to use in a course
12. Evaluation method: not included
13. Format: U-matic, VHS; 35 minutes
14. System: NTSC/PAL/or SECAM
15. This is a clear film on epilepsy. Dr Mani himself explains the different clinical manifestations of epilepsy and performs also in the role of a patient, thus making this video a useful teaching instrument.

INSOMNIA IN GENERAL PRACTICE

1. Language: French
2. Authors: Department of Medicine and Psychiatry, University of Geneva
3. Date and place of edition: 1989, Geneva
4. Publisher: University of Geneva
5. Sale: Price not stated
6. Field covered:

<u>in the manual</u>	<u>in the video</u>
1. Hypersomnia	Part I: diagnosis
2. Hypnotics	Part II: treatment
3. Diagnostic	
4. Treatment	
5. Parasomnias	
6. Sleep laboratory	
7. Intended for: physicians
8. Description of common mental health problems as case studies: Yes
9. Learner requested to make sequential decisions to tackle problems: Yes
10. Learning objectives: clearly stated
11. Methods of use: to be used in training sessions
12. Evaluation method: not included
13. Format: VHS, Part I: 27 minutes; Part II: 17 minutes
14. System: PAL
15. This is a useful instrument for training physicians in the management of insomnia; it is a well structured teaching aid allowing sequential decisions to tackle the problem at the generalistic level, with adequate instructions on referral to a psychiatrist, when that level is not capable of solving it.

THE MANAGEMENT OF INSOMNIA

1. Language: English
2. Authors: William C. Dement, MD
3. Date and place of edition: 1992, Chicago, Illinois, U.S.A
4. Publisher: by Pragmaton, 211 East Chicago Avenue, Chicago, Illinois 60611. U.S.A
5. Sale: Price not specified
6. Field covered:
 1. Introduction
 2. The impact of sleepiness
 3. Classification of sleep disorders
 4. Transient and short-term insomnia
 5. Insomnia decision tree
 6. Persistent sleep disorders
 7. Management of persistent sleep disorders
 8. General principles of hypnotic action
 9. Pharmacology and pharmacokinetics
 10. Managing insomnia in the elderly
 11. Appendices
7. Intended for: physicians
8. Description of common mental health problems as case studies: Yes
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: clearly stated
11. Methods of use: to be used in training sessions
12. Evaluation method: not included
13. It contains: 43 slides and a manual for use
14. This material is designed to provide physicians with the information they need to help manage most of the sleeping problems their patients experience. It contains practical guidelines for diagnosis and treatment, duration of drug therapy, and guidelines for proper sleeping habits.

LISTING AS TO THE LEVEL OF WORKER FOR WHICH THE MANUAL IS INTENDED

Manual Page	Level of worker for which intended	Language	Topic
8	Supervisors , administrators and managers in mental and/or general health programmes	English	Epilepsy
9	Primary health care Supervisor/Co-ordinator	English Oshiwambo Afrikaans Setswana Shona	Mental Health in general
10	Primary health care workers	English	Epilepsy
11	Primary health workers	English	Child Mental Health
12	Health promoters, primary health workers, teachers, "multipliers"	Spanish	Child Mental Health
13	Community health workers	Spanish	Mental Health in general
14	Health workers	English	Mental Health in general
15	Health workers' trainers	English	Mental Health in general
16	Community health workers with guidelines for trainers	English	Alcohol and Drug Abuse
17	General public	Spanish	Epilepsy
18	Mental health workers and those in the helping professions	English	Mental Health in general
19	Patients and families	English Swahili	Epilepsy
20	Physicians (both generalists and neurologists), nurses, social workers and nursing aides	Spanish	Epilepsy

21	Physicians (general practitioners), although could be of use to nurses	English	Epilepsy
22	Health workers in general, both in developing and developed countries	English Spanish Portuguese	Epilepsy
23	Medical and clinical officers	English	Epilepsy
24	General public, especially patients and their relatives	English	Epilepsy
25	Village health workers	English	Mental Health in general
26	Primary health care workers, useful also for village and community health workers	English	Epilepsy
27	Physician	French	Child mental health and adolescents
28	All types of health workers and even lay people (community leaders, patients and families, etc.)	English	Epilepsy
29	Doctors working in primary care	English	Mental Health in general
30	Special teachers and trainers of mentally retarded persons	English	Education for mentally retarded persons
31	Health workers in the field, supervisors at all levels and those engaged in education and training of health workers	English	Mental Health in general
32	School teachers	Portuguese English	Adult/Child mental health in war and social conflict

33	Health workers in general (from primary health care to mental health care workers)	Portuguese	Mental Health in general
34	General public and patients and their families	English Swahili	Epilepsy
35	Community health workers, general health workers at village level and up to health centre level	English	Mental Health in general
36	Patients and families	English Lozi Afrikaans Oshiwambo Otjiherero Nama-Damara Setswana Siswati Shona	Mental Health in general
37	Psychiatric nurses (practical handbook)	English	Non-psychotic disorders
38	Physician, nurses, social workers and volunteers	English	Epilepsy
39	Both general nurses and English doctors and primary health care workers/family welfare educators. Each section has a special piece dealing with the needs of the latter and practical activities which they can undertake		Mental Health in general
40	Primary health workers and supervisory staff including nurses	English Hindi	Mental Health in general
41	Doctors working at primary health care level as well as for their trainers	English Farsi	Mental Health in general
42	Multipurpose workers of public health centres	English Dari Farsi	Mental Health in general

43	Basic health workers	English	Mental Health in general
44	Although the title mentions community health workers, the text is in a form that is suitable more for qualified nurses, medical assistants/clinical officers	English Nepalese	Mental Health in general
45	General medical officers	English	Mental Health in general
46	Medical officers	English	Mental Health in general
47	Primary health care physicians; also useful for those interested in the management of psychiatric patients	English	Mental Health in general
48	Public health officers (physicians, nurses, social workers, etc.), particularly those in functions of training and supervision at district level	Thai	Mental Health in general
49	Health workers	English	Mental Health in general
50	General practitioners	Arabic	Mental Health in general
51	Health workers in primary health care	Spanish Chinese	Mental Health in general
52	As stated in the titles to each section	English	Child Mental Health
53	Primary health workers	English	Mental Health in general
54	Medical officers	English	Mental Health in general
55	Physicians	Portuguese	Psychopharmacology
56	Mental health workers (psychiatrists, other physicians, psychologists, social workers, nurses, occupational therapists)	Spanish	Mental Health in general
57	School health workers and village health workers	Farsi	Mental Health in general

58	Clinic nurses	English	Mental Health in general
59	Nurse assistants	English	Mental Health in general
60	Vocational guidance counsellors in rural areas	English	Mental retardation
61	Multi rehabilitation workers	English	Mental retardation
62	Psychologists	English	Mental retardation
63	Village rehabilitation workers	English	Mental retardation
64	Unclear but is probably English Western-trained health and social service professionals working in UNHCR or UNBRO-assisted camps for Indochinese refugees		Mental Health in general
65	Teachers	English	Mental retardation
66	General practitioners, Spanish different medical specialists, medical students and health workers		Mental Health in general
67	General health professionals/"front line" workers	English	Mental Health in general
68	General health workers including nurses	English	Mental Health in general
69	General health workers at health centre and post level (e.g. nurses and medical assistants)	English	Mental Health in general
70	Medical assistants, nurses, primary care workers	Arabic	Mental Health in general
71	Health personnel in outpatient clinics in developing countries	English Spanish Portuguese	Mental Health in general
72	Primarily for general practitioners, but could be used by medical students, occupational therapists, nurses, social workers	Spanish	Mental Health in general

73	The module aims to provide the minimum necessary knowledge for a nurse at a primary care unit. The material may also be used for the training of other health workers	English	Mental Health in general
74	Trainers in mental health and undergraduate medical students and general physicians	English	Mental Health in general
75	Psychiatrists, pediatricians, family doctors and neurologists	English	Psychopharmacology
76	Physicians, medical and Spanish psychology students, health workers and public health personnel	Spanish	Non-psychotic Disorders
77	Primary care physicians	English	Child Mental Health
78	Primary health care physicians	English	Non-psychotic Disorders
79	Primary health care workers	Thai	Mental Health in general
80	Village and community health workers, but also general public information	Thai	Mental Health in general
81	Community health workers (and other health workers) in villages	Bengali	Mental Health in general
82	Multipurpose workers	Urdu	Mental Health in general
83	Health workers, teachers	English	Child mental health in war
84	Primary health care workers	Portuguese	Mental Health in general
85	Primary mental health care workers (clinical officers, nurses, social workers and teachers)	English	Epilepsy

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Primary health care workers English Setswana Shona Oshiwambo Afrikaans Mental Health in general

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Physician English Depression

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General physicians and family doctors English French Depression

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Primary care physicians English nurses and community health workers Epilepsy

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Physicians French Insomnia

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Physicians English Insomnia

AUDIOVISUAL MATERIAL

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36	English/Lozi/ Afrikaans/ Oshiwambo/ Otjiherero/ Nama-Damara/ Setswana	68 69 70 71 72 73	English English Arabic English/Spanish/ Portuguese Spanish
39	English	74	English
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42	English/Dari/ Farsi	81 82	Bengali Urdu
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